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English Muffin Breakfast Sandwich

The English Muffin Breakfast Sandwich is a classic breakfast dish that originated in England. It is typically made with a toasted English muffin, a fried egg, cheese, and a breakfast meat such as bacon or sausage. It is a quick and easy breakfast option that can be enjoyed on the go.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	english muffins
100 g	Eggs
50 g	cheese
50 g	bacon

Directions

Step 1

Toasting

Toast the English muffins.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Frying

Fry the eggs.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Place a slice of cheese on each English muffin half.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Place a fried egg on top of the cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Add cooked bacon on top of the egg.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Cover with the other half of the English muffin.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	6 mg	54.55%	75%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Snack

Dinner

Supper

Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Side Dishes

Drinks

Breads

Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Difficulty Level

Medium

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