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Bacon and Eggs with Cherry Tomatoes ••

A classic breakfast dish consisting of crispy bacon, fried eggs, and juicy cherry tomatoes. This dish is commonly enjoyed as a hearty and satisfying meal to start the day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	bacon
4 pieces	Eggs
200 g	Cherry Tomatoes
1 tsp	salt
0.5 tsp	black pepper

2 tbsp olive oil

Directions

Step 1

Frying

Heat a frying pan over medium heat and cook the bacon until crispy. Remove from pan and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

In the same pan, add the cherry tomatoes and cook for 3-4 minutes until they start to burst. Remove from pan and set aside.

Prep Time: 2 mins

Cook Time: 4 mins

Step 3

Frying

In the same pan, crack the eggs and cook to desired doneness. Season with salt and black pepper.

Prep Time: 1 mins

Cook Time: 3 mins

Step 4

Serve the bacon, eggs, and cherry tomatoes together. Drizzle with olive oil and sprinkle with additional salt and black pepper if desired.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	25 g	89.29%	100%
Cholesterol	320 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Grill

Course

Appetizers

Main Dishes

Snacks

Difficulty Level

Easy

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