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Open-face Breakfast Sandwich.

The Open-face Breakfast Sandwich is a classic breakfast dish that consists of a single slice of bread topped with various ingredients such as eggs, bacon, cheese, and vegetables. It is typically consumed as a hearty and filling meal to start the day.

Recipe Type: Standard	Prep Time: 10 mins
Cook Time: 15 mins	Total Time: 25 mins
Recipe Yield: 200 grams	Number of Servings: 2
Serving Size: 100 g	

Ingredients

2 slices	bread
4 pieces	Eggs
4 slices	bacon
2 slices	cheddar cheese
2 slices	Tomato

4 leaves	lettuce
4 tbsp	mayonnaise
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Place the bacon slices on a baking sheet and bake for 10-12 minutes until crispy.

Prep Time: 0 mins

Cook Time: 12 mins

Step 3

Frying

In a frying pan, cook the eggs to your desired doneness, seasoning with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4



Toast the bread slices until golden brown.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Spreading

Spread mayonnaise on each slice of toasted bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Layering

Layer the lettuce, tomato slices, bacon, and eggs on top of the bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	300 mg	N/A	N/A

Vitamins

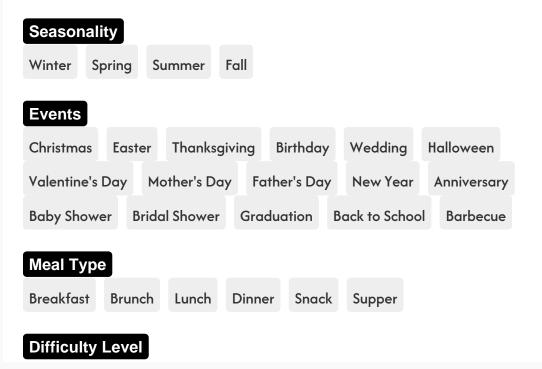
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes



Easy

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