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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	lettuce
leaves	
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

Toasting

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

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

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