



Healthdor

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Sausage and Egg Breakfast Sandwich ♦♦

A delicious breakfast sandwich made with sausage and eggs, perfect for starting your 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

200 g	Sausage
4 pieces	Eggs
4 slices	bread
100 g	cheese
1 tsp	Salt

1 tsp	Pepper
20 g	butter

Directions

Step 1

Stove

Cook the sausages in a pan until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Scramble the eggs in a separate pan with salt and pepper.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Toaster

Toast the bread slices.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Assemble the sandwich by placing sausage, scrambled eggs, and cheese between two slices of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	20 g	117.65%	117.65%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
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	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	250 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Winter

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Snacks

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Low Carb, High Fat (LCHF) Diet

Vegetarian Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Ayurvedic Diet

Anti-Inflammatory Diet

Gluten-Free Diet

Low Sodium Diet

Nutrient Timing Diet

The Gerson Therapy

The Scarsdale Diet

The Hallelujah Diet

The Beverly Hills Diet

The Lemonade Diet

The Rice Diet

The Baby Food Diet

The French Women Don't Get Fat Diet

The F-Plan Diet

The Air Diet

The Werewolf Diet

The Negative Calorie Diet

The Master Cleanse Diet

The SlimFast Diet

The Shangri-La Diet

The 3-Day Diet

The Eat-Clean Diet

The Bulletproof Diet

The Dukan Diet

The Optavia Diet

The Starch Solution Diet

The GOLO Diet

The Specific Carbohydrate Diet (SCD)

The Dr. Sebi Diet

The Ulcerative Colitis Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The PCOS (Polycystic Ovary Syndrome) Diet

The Histamine Intolerance Diet

The Salicylate Sensitivity Diet The Diabetes Diet The Hyperthyroidism Diet
The Parkinson's Disease Diet The Fibromyalgia Diet The Arthritis Diet
The Heart-Healthy Diet The Low Purine Diet The Low-Fat Diet
The Low-Protein Diet The High-Potassium Diet The High-Iron Diet
The Low-Phosphorus Diet The High-Vitamin C Diet The Low-Vitamin K Diet
The Spring Detox Diet The Fall Immunity-Boosting Diet The Low-Sulfur Diet
The Eczema Diet The Rosacea Diet The Migraine Diet The Gallbladder Diet
The Anti-Anxiety Diet The Adrenal Fatigue Diet The Hashimoto's Disease Diet
The Diverticulitis Diet The Tinnitus Diet The Gastroparesis Diet
The Post-Pregnancy Diet The Breastfeeding Diet The Chronic Urticaria Diet
The Chronic Kidney Disease (CKD) Diet The Sjögren's Syndrome Diet
The Lactose-Free Diet The Low-Histamine Diet
The Irritable Larynx Syndrome (ILS) Diet The Sarcoidosis Diet
The Behçet's Disease Diet The Addison's Disease Diet
The Ankylosing Spondylitis Diet The Myasthenia Gravis Diet
The Eosinophilic Esophagitis (EoE) Diet The Asthma Diet The Bronchiectasis Diet
The Seasonal Affective Disorder (SAD) Diet The Autism Diet
The Schizophrenia Diet Blood Type O Diet Blood Type A Diet
Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
Sautéing Roasting Smoking Curing Blending Grinding Freezing
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting
Cut Mixing Resting Plating Serving Cooking None Stir-frying
Mashing Preheating Sprinkling Heating Refrigerating Preparation
Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Difficulty Level

Medium

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