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Pesto Breakfast Sandwich ♦♦

A delicious and filling breakfast sandwich made with pesto, eggs, cheese, and bread.
Perfect for starting your day off right!

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

50 g	pesto
4 pieces	Eggs
100 g	cheese
4 slices	bread

Directions

Step 1

Spread pesto on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Frying

Fry eggs in a pan until cooked to your liking.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Place cooked eggs on top of two bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Sprinkle cheese on top of the eggs.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cover with the remaining bread slices to form sandwiches.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serve and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 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)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Kitchen Tools

Blender

Oven

Course

Appetizers

Main Dishes

Side Dishes

Drinks

Breads

Snacks

Sauces & Dressings

Cost

Under \$10

Demographics

Senior Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Difficulty Level

Easy

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