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Deviled Eggs Style Breakfast Sandwich ••

A delicious and satisfying breakfast sandwich inspired by deviled eggs. It features a creamy and tangy filling, sandwiched between two slices of bread. Perfect for a hearty breakfast or brunch.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
2 tbsp	mayonnaise
1 tsp	dijon mustard
0.5 tsp	Paprika

0.5 tsp	Salt
0.25 tsp	Black pepper
4 slices	bread
2 tbsp	butter
4 leaves	lettuce
4 slices	Tomato
4 strips	bacon

Directions

Step 1

Boiling

Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, reduce the heat to low and simmer for 10 minutes. Remove from heat and transfer the eggs to a bowl of ice water to cool.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Peel the cooled eggs and cut them in half lengthwise. Scoop out the yolks into a bowl and set the whites aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Mash the egg yolks with a fork. Add mayonnaise, Dijon mustard, paprika, salt, and black pepper. Mix well until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Spread butter on one side of each bread slice. Place the bread slices, buttered side down, in a skillet over medium heat. Cook until golden brown, about 2 minutes. Flip the slices and cook the other side until golden brown.

Prep Time: 2 mins

Cook Time: 4 mins

Step 5

Assembly

Spread the egg yolk mixture on the non-buttered side of 2 bread slices. Top with lettuce, tomato slices, bacon, and the remaining bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Cutting

Cut the sandwiches in half diagonally and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
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	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	200 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	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Lunch

Snack

Course

Breads

Salads

Snacks

Cultural

Chinese New Year

Diwali

Cost

Under \$10

\$20 to \$30

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Flexitarian Diet

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

Difficulty Level

Easy

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