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## 2x2x2 For Me

A delicious and satisfying breakfast dish that will keep you full until lunchtime. It consists of two eggs, two slices of bacon, and two pancakes. Perfect for those who want a hearty and protein-packed start to their day.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

4 pieces	Eggs
4 slices	bacon
200 g	pancake mix
250 ml	Milk
20 g	butter

60 ml maple syrup

## Directions

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### Step 1

Frying

Cook the bacon in a frying pan until crispy. Remove from pan and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Mixing

In a bowl, whisk together the pancake mix and milk until smooth.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Heating

Heat a non-stick pan over medium heat. Melt a small amount of butter in the pan.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 4

Cooking

Pour 1/4 cup of the pancake batter into the pan. Cook until bubbles form on the surface, then flip and cook for another 1-2 minutes.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 5

Cooking

Repeat step 4 with the remaining batter.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 6

Serving

Serve the pancakes with the cooked bacon and maple syrup.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 600 kcal

**Fat:** 25 g

**Protein:** 25 g

**Carbohydrates:** 65 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	65 g	118.18%	130%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
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	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Course

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Sauces & Dressings

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

### Difficulty Level

Easy

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