



Healthdor

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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

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

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 5 mins

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

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

Step 5

Cooking

Repeat step 4 with the remaining batter.

Prep Time: 2 mins

Cook Time: 3 mins

Step 6

Serving

Serve the pancakes with the cooked bacon and maple syrup.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

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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