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Double Bacon Breakfast Sourdough King

The Double Bacon Breakfast Sourdough King is a hearty and indulgent breakfast sandwich that is perfect for meat lovers. It features double the bacon, crispy and flavorful, sandwiched between two slices of toasted sourdough bread. This sandwich is packed with protein and flavor, making it a satisfying and delicious way to start your day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g bacon

4 slices sourdough bread

4 pieces Eggs

2 slices cheese

4 tbsp mayonnaise

4 lettuce
leaves

2 slices Tomato

1 tsp salt

1 tsp pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Line a baking sheet with aluminum foil and place the bacon strips on the sheet. Bake in the preheated oven for 10-12 minutes, or until crispy.

Prep Time: 0 mins

Cook Time: 12 mins

Step 3

Toasting

While the bacon is cooking, toast the sourdough bread slices in a toaster or on a griddle until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Cooking

In a separate pan, cook the eggs to your desired doneness. Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Assembling

Assemble the sandwich by spreading mayonnaise on one side of each toasted bread slice. Layer the lettuce, tomato slices, cooked bacon, and cheese on one slice. Top with the cooked eggs and the other bread slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cutting

Cut the sandwich in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	4 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	12 g	54.55%	70.59%
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	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1200 mg	52.17%	52.17%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Breakfast Brunch

Difficulty Level

Easy

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