



All-day breakfast

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 chipolatas
- ☐ 1 tbsp olive oil
- ☐ 8 bacon
- ☐ 1 small cherry tomatoes
- ☐ 2 tsp coarse mustard
- ☐ 4 eggs
- ☐ 4 servings buttered toast

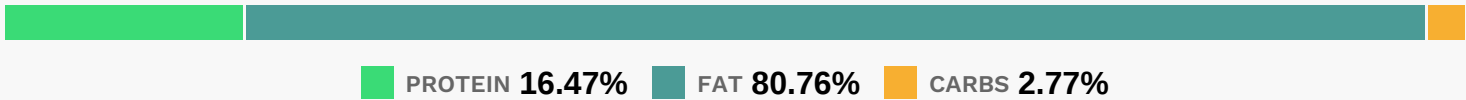
Equipment

- ☐ oven
- ☐ tongs

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Toss the sausages and oil in a shallow roasting tin, then spread out in an even layer. Drape bacon rashers over the top and roast for 15–20 mins until both are starting to brown and sizzle.
- ☐ Move the bacon and sausages around so everything browns evenly. Scatter over the tomatoes and blob the mustard onto the sausages. Use a pair of tongs or a spoon to create 4 gaps for the eggs, then crack an egg into each gap.
- ☐ Put the tin back in the oven for 5–8 mins or until the egg whites are set and tomatoes softening.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:7.4586956475092%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 308.58kcal (15.43%), Fat: 27.42g (42.18%), Saturated Fat: 8.5g (53.1%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.4g (0.44%), Cholesterol: 192.73mg (64.24%), Sodium: 489.28mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.17%), Selenium: 23.53µg (33.62%), Phosphorus: 155.4mg (15.54%), Vitamin B2: 0.24mg (14.27%), Vitamin B12: 0.61µg (10.2%), Vitamin B1: 0.15mg (9.96%), Vitamin B6: 0.2mg (9.88%), Vitamin B3: 1.88mg (9.39%), Vitamin B5: 0.93mg (9.34%), Vitamin E: 1.19mg (7.93%), Zinc: 1.12mg (7.44%), Vitamin D: 1.06µg (7.04%), Iron: 1.07mg (5.96%), Folate: 22.45µg (5.61%), Vitamin A: 276.44IU (5.53%), Potassium: 162.2mg (4.63%), Magnesium: 12.4mg (3.1%), Calcium: 30.11mg (3.01%), Copper: 0.06mg (2.83%), Vitamin K: 2.43µg (2.31%), Manganese: 0.04mg (1.81%), Vitamin C: 0.98mg (1.19%)