



Bacon Jam Breakfast Sandwich with Fried Egg and Avocado

 Dairy Free  Popular

READY IN



10 min.

SERVINGS



2

CALORIES



887 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 avocados sliced
- 1 teaspoon bacon grease
- 4 slices bread lightly toasted (I used multigrain)
- 8 slices bacon cooked
- 4 eggs
- 0.3 cup bacon jam
- 2 servings salt and pepper to taste

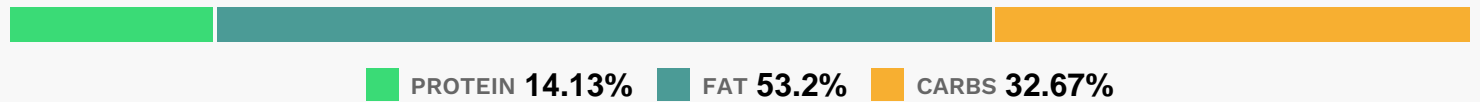
Equipment

frying pan

Directions

Heat the bacon grease in a pan over medium heat, add the eggs and fry sunny side up, about 2–3 minutes. Assemble sandwiches and enjoy.

Nutrition Facts



Properties

Glycemic Index:76.83, Glycemic Load:31.61, Inflammation Score:-8, Nutrition Score:38.005652137425%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

Nutrients (% of daily need)

Calories: 886.73kcal (44.34%), Fat: 53.7g (82.62%), Saturated Fat: 12.05g (75.31%), Carbohydrates: 74.21g (24.74%), Net Carbohydrates: 58.03g (21.1%), Sugar: 25.47g (28.3%), Cholesterol: 360.94mg (120.31%), Sodium: 1151.9mg (50.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.21%), Selenium: 61.02µg (87.18%), Fiber: 16.17g (64.7%), Folate: 256.45µg (64.11%), Vitamin B2: 0.91mg (53.6%), Vitamin B3: 10.07mg (50.35%), Manganese: 1mg (50.11%), Vitamin B5: 4.97mg (49.66%), Phosphorus: 483.23mg (48.32%), Vitamin B6: 0.91mg (45.4%), Vitamin K: 45.22µg (43.06%), Potassium: 1367.69mg (39.08%), Vitamin B1: 0.59mg (39.07%), Vitamin E: 5.39mg (35.92%), Copper: 0.6mg (30.22%), Vitamin C: 23.95mg (29.03%), Iron: 5.18mg (28.75%), Zinc: 4.01mg (26.74%), Magnesium: 103.43mg (25.86%), Vitamin B12: 1.13µg (18.87%), Vitamin A: 781.62IU (15.63%), Calcium: 155.54mg (15.55%), Vitamin D: 1.94µg (12.92%)