



Ferg's Ulster Fry-up

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices irish bacon thick
- ☐ 1 soda bread farl sliced in half horizontally
- ☐ 2 eggs
- ☐ 2 potato bread farls
- ☐ 2 sausages
- ☐ 2 slices pudding black
- ☐ 1 tomatoes halved

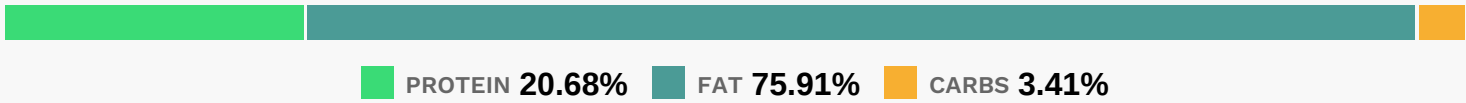
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ In a large non-stick skillet over medium heat, cook the bacon and sausages, until they are browned. Reserving the fat in the pan, transfer to a heat resistant dish. Keep warm in the oven.
- ☐ Fry both sides of the potato and soda farls in the reserved fat for a few minutes, or until they are golden and crispy. Meanwhile, heat oil in smaller skillet over medium heat and cook black pudding slices and tomato halves.
- ☐ Transfer everything to the dish in the oven to keep warm.
- ☐ Crack eggs into the pan with any residual bacon grease, adding more oil to the skillet if necessary. Fry until egg whites are set but yolks are still runny, or to your liking. Divide everything onto 2 separate plates and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:13.335652320281%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 427.71kcal (21.39%), Fat: 35.64g (54.84%), Saturated Fat: 11.8g (73.78%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.79g (1.02%), Sugar: 1.99g (2.21%), Cholesterol: 239.4mg (79.8%), Sodium: 892.4mg (38.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.69%), Vitamin B3: 5.29mg (26.47%), Selenium: 18.03µg (25.75%), Phosphorus: 252mg (25.2%), Vitamin B1: 0.34mg (22.45%), Vitamin B6: 0.44mg (22.25%), Vitamin B12: 1.23µg (20.45%), Vitamin B2: 0.34mg (19.85%), Zinc: 2.79mg (18.6%), Vitamin A: 822.67IU (16.45%), Vitamin B5: 1.43mg (14.3%), Vitamin D: 2.08µg (13.88%), Potassium: 468.02mg (13.37%), Iron: 1.99mg (11.07%), Vitamin C: 9.02mg (10.93%), Folate: 32.01µg (8%), Vitamin E: 1.05mg (7.03%), Magnesium: 26.86mg (6.72%),

Copper: 0.13mg (6.71%), Vitamin K: 5.4µg (5.14%), Manganese: 0.09mg (4.58%), Calcium: 42.62mg (4.26%), Fiber: 0.81g (3.26%)