



French Egg and Bacon Sandwich



Dairy Free



Popular

READY IN

ready

20 min.

SERVINGS

servings

2

CALORIES

calories

617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 4 slices bread
- ☐ 2 eggs
- ☐ 0.5 cup maple syrup

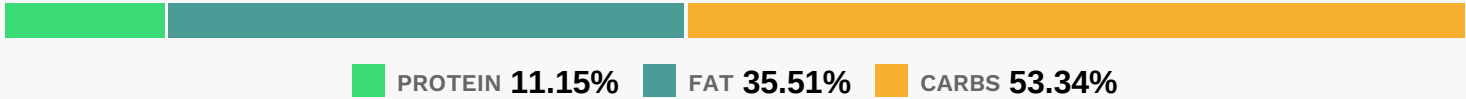
Equipment

- ☐ frying pan

Directions

- ☐ Dip bread slices in beaten eggs.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat. Cook until browned on both sides. Set aside but keep warm.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain and set aside. Reserve 1 tablespoon of bacon grease in pan and fry remaining two eggs.
- ☐ Place one piece of French toast on each of two plates.
- ☐ Place the fried eggs on top of the bread, top the eggs with strips of bacon. Cover with the remaining pieces of French toast. Following that by pouring on the syrup.

Nutrition Facts



Properties

Glycemic Index:47.58, Glycemic Load:34.09, Inflammation Score:-3, Nutrition Score:20.727826031006%

Nutrients (% of daily need)

Calories: 617.19kcal (30.86%), Fat: 24.18g (37.21%), Saturated Fat: 7.62g (47.61%), Carbohydrates: 81.72g (27.24%), Net Carbohydrates: 79.48g (28.9%), Sugar: 51.61g (57.34%), Cholesterol: 192.72mg (64.24%), Sodium: 625.89mg (27.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.18%), Manganese: 2.54mg (126.81%), Vitamin B2: 1.4mg (82.36%), Selenium: 38.48µg (54.97%), Vitamin B1: 0.42mg (28.16%), Vitamin B3: 5mg (24.99%), Phosphorus: 222.72mg (22.27%), Calcium: 184.59mg (18.46%), Folate: 68.28µg (17.07%), Iron: 3.05mg (16.97%), Zinc: 2.23mg (14.88%), Vitamin B5: 1.38mg (13.78%), Vitamin B6: 0.25mg (12.7%), Magnesium: 50.42mg (12.61%), Potassium: 407.92mg (11.65%), Vitamin B12: 0.61µg (10.19%), Fiber: 2.24g (8.96%), Vitamin D: 1.06µg (7.04%), Copper: 0.13mg (6.65%), Vitamin A: 255IU (5.1%), Vitamin E: 0.76mg (5.05%), Vitamin K: 2.88µg (2.74%)