



Full Monty Breakfast

READY IN



40 min.

SERVINGS



4

CALORIES



2565 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings uncut bread white good for toast
- ☐ 110 grams butter
- ☐ 10 rashers cured smoked dry
- ☐ 12 large eggs organic
- ☐ 1 tablespoon milk
- ☐ 4 field mushrooms trimmed peeled
- ☐ 4 servings olive oil
- ☐ 8 sausages
- ☐ 4 servings sea salt and pepper black freshly ground

- ☐ 4 servings hp sauce and tomato ketchup for serving
- ☐ 1 bunch tomatoes on the vine
- ☐ 2 puddings black sliced
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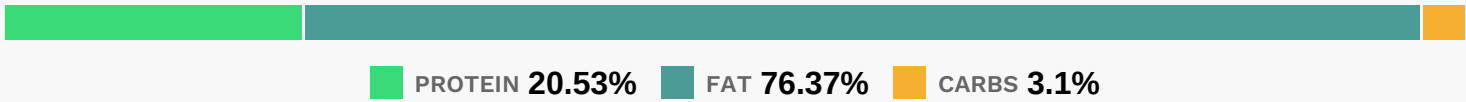
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Line up tomatoes in a large roasting tray, scored sides up, with the mushrooms, the black pudding and the sausages.
- ☐ Let everything overlap so that the flavours really get in there.
- ☐ Drizzle with olive oil and sprinkle with some salt and pepper, then place under a preheated medium grill.
- ☐ Prepare the scrambled eggs by whisking with the milk. Melt some butter in a non-stick pan and pour in the eggs. Keep the heat low and gently stir to scramble.
- ☐ Remove the tray from under the grill and drape the bacon across the tomatoes and black pudding.
- ☐ Place back under the grill. When the eggs are just about done, season them and serve on some thick slices of toasted bread with a bit of everything else on your plate too!

Nutrition Facts



Properties

Glycemic Index:76.17, Glycemic Load:7.38, Inflammation Score:-9, Nutrition Score:36.136956961259%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 2565.32kcal (128.27%), Fat: 212.03g (326.2%), Saturated Fat: 80.2g (501.23%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 18.01g (6.55%), Sugar: 5.95g (6.62%), Cholesterol: 1049.35mg (349.78%), Sodium: 1747.2mg (75.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 128.24g (256.48%), Iron: 15.32mg (85.11%), Selenium: 56.43µg (80.61%), Vitamin A: 3478.78IU (69.58%), Vitamin B2: 1.08mg (63.74%), Phosphorus: 594.33mg (59.43%), Vitamin B3: 10.63mg (53.14%), Vitamin B12: 2.86µg (47.58%), Vitamin B1: 0.66mg (44.27%), Vitamin B6: 0.85mg (42.72%), Zinc: 6.09mg (40.58%), Vitamin B5: 4.02mg (40.22%), Vitamin D: 5.29µg (35.28%), Vitamin E: 4.83mg (32.2%), Folate: 101.63µg (25.41%), Potassium: 788.12mg (22.52%), Manganese: 0.42mg (21.08%), Copper: 0.34mg (16.98%), Calcium: 148.97mg (14.9%), Magnesium: 58.23mg (14.56%), Vitamin K: 13.5µg (12.86%), Fiber: 1.39g (5.57%), Vitamin C: 2.32mg (2.81%)