



Irish Breakfast

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



2

CALORIES



550 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 slices bacon thick
- 4 slices baking soda prepared
- 2 tablespoons butter
- 4 eggs
- 1.5 cups mushrooms whole
- 1.5 cups mushrooms whole
- 2 small tomatoes sliced

Equipment

frying pan

Directions

- Lay the bacon slices in a single layer in a large skillet. Fry over medium heat until it begins to get tinged with brown. Fry on both sides.
- Remove from pan, but save grease.
- Melt butter in skillet. Crack eggs into pan, being careful not to break yolks.
- Place tomato slices, mushrooms, and bread in pan. Fry gently, stirring mushrooms and tomatoes occasionally. Keep everything separate. Turn bread over to brown on both sides.
- When egg whites are set, but yolks are still runny, dish half of everything onto each of 2 warmed plates, and serve immediately.

Nutrition Facts

 **PROTEIN 17.8%** **FAT 75.13%** **CARBS 7.07%**

Properties

Glycemic Index:51, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:24.951304269874%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 549.78kcal (27.49%), Fat: 46.51g (71.55%), Saturated Fat: 13.97g (87.28%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 7.31g (2.66%), Sugar: 5.57g (6.19%), Cholesterol: 370.92mg (123.64%), Sodium: 1252.85mg (54.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.59%), Selenium: 53.68µg (76.68%), Vitamin B2: 1.06mg (62.17%), Vitamin B3: 8.46mg (42.31%), Phosphorus: 418.18mg (41.82%), Vitamin B5: 3.96mg (39.64%), Vitamin A: 1758.43IU (35.17%), Copper: 0.6mg (30.13%), Vitamin B6: 0.55mg (27.45%), Potassium: 931.59mg (26.62%), Vitamin B1: 0.37mg (24.6%), Folate: 79.63µg (19.91%), Vitamin B12: 1.18µg (19.75%), Vitamin C: 15.52mg (18.81%), Zinc: 2.82mg (18.78%), Iron: 2.78mg (15.42%), Vitamin D: 2.31µg (15.41%), Vitamin E: 2.15mg (14.32%), Magnesium: 41.87mg (10.47%), Manganese: 0.2mg (10.17%), Fiber: 2.53g (10.13%), Vitamin K: 7.45µg (7.1%), Calcium: 70.2mg (7.02%)