



Irish Breakfast



15 m 2 servings 724 cals

Recipe By: jenn

"You could face anything after this hearty breakfast of eggs, mushrooms and tomatoes fried with bacon and butter. Slices of Irish soda bread are grilled in the skillet and served on the side."

Ingredients

6 thick slices bacon	2 small tomatoes, sliced
2 tablespoons butter or margarine	1 1/2 cups whole mushrooms
4 eggs	4 slices prepared soda bread

Directions

- 1 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.
- 2 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.
- 3 When egg whites are set, but yolks are still runny, dish half of everything onto each of 2 warmed plates, and serve immediately.

Total Fat: 41.8g 64 %

Saturated Fat: 17.0g

Cholesterol: 459mg 153 %

Sodium: 1431mg 57 %

Potassium: 1017mg 28 %

Total Carbohydrates: 54.3g 18 %

Dietary Fiber: 4g 16 %

Protein: 35.2g 70 %

Sugars: 4g

Vitamin A: 1777IU

Vitamin C: 14mg

Calcium: 140mg

Iron: 5mg

Thiamin: 1mg

Niacin: 16mg

Vitamin B6: 0mg

Magnesium: 60mg

Folate: 113mcg