

# Breakfast Eggy Crumpets

Yield: 2 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-south-african-crumpet-recipe>

## Ingredients:

- 2 eggs large free-range
- sea salt
- ground black pepper freshly
- 1 fresh red chili deseeded and very finely chopped
- 6 smoked bacon rashers higher-welfare
- olive oil
- 4 crumpets
- brown sauce or maple syrup, to serve

## Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 325 milligrams
4. Fat: 70 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 26 grams
8. Sodium: 1780 milligrams
9. Sugar: 11 grams

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