

# Full English breakfast

Yield: 1 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-blood-sausage-recipe>

## Ingredients:

- 1 can beans tomato
- 1 / 2 sausages, we used pork sausages we used pork sausages
- 1/2 eggs
- 2 pieces white bread for toasting
- 2 slices blood sausage good quality
- cooked bacon 4 slices of, pre-
- 2 tomatoes ripe
- 1 handful mushrooms we used white bell mushrooms
- salt
- pepper
- butter not pictured
- 1 cup tea

## Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 215 milligrams
4. Fat: 44 grams
5. Fiber: 18 grams
6. Protein: 26 grams
7. SaturatedFat: 22 grams
8. Sodium: 1460 milligrams
9. Sugar: 21 grams

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