

# Sage Biscuit Egg Sandwich

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-egg-sub-recipe>

## Ingredients:

- 1/2 cup all purpose flour
- 1/2 cup barley flour sub all-purpose if you don't have this kind of flour on hand
- 1 tablespoon chopped fresh sage finely
- 1 teaspoon baking powder
- 1 teaspoon sugar
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 6 tablespoons unsalted butter cold, cut into pieces
- 6 tablespoons plain yogurt
- 1 egg lightly beaten, for brushing
- 5 eggs poached, Use the technique described here
- 8 pieces crispy bacon
- salt
- pepper

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 325 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 12 grams
8. Sodium: 670 milligrams
9. Sugar: 3 grams

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