



## Arugula Pesto, Egg and Turkey Sausage Breakfast Sandwiches

READY IN



20 min.

SERVINGS



2

CALORIES



767 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 3 cups arugula
- 0.5 cup almonds sliced
- 1 small clove garlic peeled
- 0.5 cup parmesan cheese grated
- 0.5 cup olive oil
- 1 tablespoon vegetable oil
- 2 diestel breakfast sausage
- 3 eggs

- 1 serving salt and pepper
- 1 tablespoon arugula
- 2 slices provolone cheese
- 2 muffins whole wheat split english toasted

## Equipment

- food processor
- bowl
- frying pan
- paper towels
- whisk
- kitchen thermometer

## Directions

- In food processor, place arugula, almonds, garlic and Parmesan cheese. Cover; process with on-and-off pulses until coarsely chopped. With processor running, slowly pour in olive oil, processing until blended. Scrape pesto into container with lid. Store in refrigerator until ready to use.
- In 8-inch nonstick skillet, heat vegetable oil.
- Add sausage patties; cook until browned and meat thermometer inserted in center of patties reads 165°F.
- Remove sausage patties from skillet; drain on paper towels.
- In small bowl, beat eggs well with whisk. In same skillet over medium-low heat, add eggs; sprinkle with salt and pepper to taste. Cook and stir egg to scramble, cooking until just about set. Stir in pesto; cook until set.
- Place 1 slice of provolone cheese on bottom halves of English muffins. Top each with sausage patty and eggs. Cover with top halves of muffins.
- Serve warm.

## Nutrition Facts



PROTEIN 18.22% FAT 64.54% CARBS 17.24%

## Properties

Glycemic Index:79.5, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:36.283478550289%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 13.14mg, Kaempferol: 13.14mg, Kaempferol: 13.14mg, Kaempferol: 13.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 767.49kcal (38.37%), Fat: 56.29g (86.6%), Saturated Fat: 15.28g (95.49%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 26.52g (9.64%), Sugar: 6.76g (7.51%), Cholesterol: 300.54mg (100.18%), Sodium: 1162.6mg (50.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.51%), Manganese: 1.73mg (86.71%), Selenium: 56.01µg (80.01%), Phosphorus: 714.33mg (71.43%), Calcium: 679.75mg (67.98%), Vitamin E: 9.31mg (62.08%), Vitamin K: 61.51µg (58.58%), Vitamin B2: 0.86mg (50.52%), Magnesium: 146.43mg (36.61%), Zinc: 4.98mg (33.19%), Vitamin A: 1651.41IU (33.03%), Fiber: 7.32g (29.3%), Folate: 109.07µg (27.27%), Iron: 4.56mg (25.34%), Vitamin B12: 1.44µg (24%), Copper: 0.47mg (23.58%), Vitamin B1: 0.35mg (23.42%), Vitamin B3: 4.32mg (21.58%), Vitamin B5: 2.05mg (20.48%), Vitamin B6: 0.4mg (20.12%), Potassium: 665.15mg (19%), Vitamin D: 1.9µg (12.69%), Vitamin C: 6.27mg (7.6%)