



Bacon and Egg Sandwiches with Caramelized Onions and Arugula

READY IN



32 min.

SERVINGS



2

CALORIES



569 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup arugula
- 0.3 teaspoon pepper black freshly ground
- 2 ounce bread whole-wheat
- 1 tablespoon butter
- 2 large eggs
- 0.5 teaspoon mexican hot sauce (such as Cholula)
- 2 cups onion thinly sliced
- 0.1 teaspoon salt

- 1 Dash sugar
- 4 slices center-cut bacon
- 1 tablespoon water

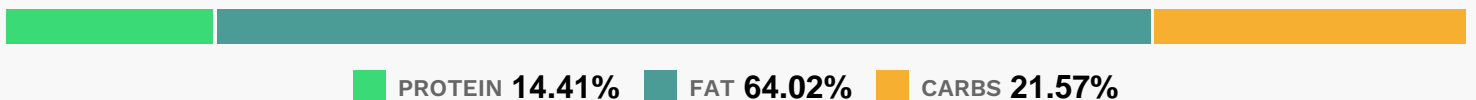
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in a nonstick skillet over medium heat until crisp (about 8 minutes).
- Remove bacon from pan, reserving drippings; drain on paper towels.
- Add onion, water, and hot sauce to drippings in pan; cover and cook for 3 minutes. Stir in butter and sugar; cover and cook for 3 minutes. Uncover and cook for 5 minutes or until golden brown, stirring frequently. Set aside; keep warm.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Place bread in pan, and cook for 3 minutes on each side or until lightly browned. Set aside, and keep warm.
- Recoat pan with cooking spray. Crack eggs into pan, and cook for 2 minutes. Gently turn eggs, one at a time; cook 1 minute or until desired degree of doneness.
- Sprinkle evenly with salt and black pepper.
- Place one bread slice on each of two plates; arrange onion mixture evenly over bread.
- Place 1 egg, 2 bacon slices, and 1/2 cup arugula over each serving; top with remaining bread slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:134.88, Glycemic Load:10.98, Inflammation Score:-8, Nutrition Score:18.459999934487%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.45mg, Isorhamnetin: 8.45mg, Isorhamnetin: 8.45mg, Isorhamnetin: 8.45mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 33.27mg, Quercetin: 33.27mg, Quercetin: 33.27mg

Nutrients (% of daily need)

Calories: 568.77kcal (28.44%), Fat: 40.53g (62.36%), Saturated Fat: 15.01g (93.83%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 26.66g (9.69%), Sugar: 9.32g (10.35%), Cholesterol: 248.57mg (82.86%), Sodium: 908.05mg (39.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.53g (41.06%), Selenium: 38.9µg (55.57%), Manganese: 0.63mg (31.56%), Phosphorus: 293.04mg (29.3%), Vitamin B1: 0.41mg (27.61%), Vitamin B6: 0.51mg (25.49%), Vitamin B2: 0.41mg (24.34%), Vitamin B3: 4.74mg (23.71%), Folate: 88.01µg (22%), Vitamin C: 14.14mg (17.15%), Vitamin B5: 1.65mg (16.51%), Fiber: 4.08g (16.32%), Potassium: 528.52mg (15.1%), Iron: 2.7mg (15.03%), Vitamin A: 715.62IU (14.31%), Zinc: 2.12mg (14.13%), Vitamin B12: 0.82µg (13.62%), Vitamin K: 14µg (13.34%), Calcium: 123.02mg (12.3%), Magnesium: 47.66mg (11.91%), Copper: 0.18mg (9.16%), Vitamin D: 1.29µg (8.59%), Vitamin E: 1.13mg (7.53%)