



Bacon-and-Egg Sandwiches with Greens

 Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 4 large eggs
- ☐ 4 multigrain muffins split english toasted
- ☐ 0.5 small clove garlic
- ☐ 6 cups kale packed stemmed chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 15 servings bell pepper
- ☐ 5.3 oz bacon thick-cut cut into thin matchsticks
- ☐ 1 medium onion yellow halved thinly sliced

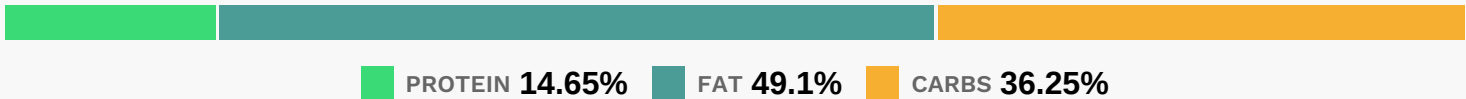
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a large skillet, cook bacon over medium heat, stirring, until crisp and browned, 8 to 10 minutes. Using a slotted spoon, transfer bacon to a plate.
- ☐ Pour off all but 1 1/2 Tbsp. of fat and add onion. Cover and cook over medium heat, stirring occasionally, until softened, about 5 minutes. Uncover and cook, stirring, until lightly golden, about 2 minutes longer. Working in batches, add kale; season with pepper. Stir in 1 Tbsp. water and cook, covered, over medium-high heat, stirring occasionally, until kale is wilted and tender, about 5 minutes. Return bacon to skillet.
- ☐ In a large nonstick skillet, warm 1 Tbsp. oil over medium heat.
- ☐ Add eggs, cover and cook for 2 minutes. Flip and cook for 10 to 30 seconds longer, depending on desired level of runniness.
- ☐ Brush toasted English muffins with remaining oil and rub lightly with cut side of garlic clove. Mound greens on bottom halves of muffins and top each with an egg. Close sandwiches and serve right away.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:6.04, Inflammation Score:-10, Nutrition Score:14.903043353039%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 138.06kcal (6.9%), Fat: 7.7g (11.85%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 10.35g (3.76%), Sugar: 3.56g (3.95%), Cholesterol: 56.15mg (18.72%), Sodium: 162.93mg (7.08%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin C: 103.79mg (125.81%), Vitamin A: 3247.58IU (64.95%), Vitamin K: 37.61µg (35.81%), Vitamin B6: 0.29mg (14.74%), Folate: 52.76µg (13.19%), Vitamin E: 1.69mg (11.24%), Vitamin B2: 0.19mg (11%), Manganese: 0.21mg (10.45%), Fiber: 2.45g (9.78%), Selenium: 6.29µg (8.98%), Phosphorus: 87.17mg (8.72%), Vitamin B1: 0.11mg (7.57%), Vitamin B3: 1.48mg (7.42%), Potassium: 255.51mg (7.3%), Vitamin B5: 0.58mg (5.81%), Iron: 0.89mg (4.95%), Magnesium: 18.45mg (4.61%), Calcium: 44.3mg (4.43%), Zinc: 0.63mg (4.19%), Vitamin B12: 0.17µg (2.91%), Copper: 0.05mg (2.68%), Vitamin D: 0.31µg (2.04%)