



Bacon and Egg Sandwiches with Pickled Spring Onions

READY IN



45 min.

SERVINGS



4

CALORIES



846 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 cup arugula
- ☐ 4 large eggs
- ☐ 4 servings pepper
- ☐ 2 tablespoons maple syrup pure
- ☐ 0.3 cup mayonnaise
- ☐ 4 spring onion thinly sliced
- ☐ 1 tablespoon sriracha

- ☐ 2 teaspoons sugar
- ☐ 12 slices bacon thick-cut
- ☐ 2 tablespoons butter unsalted
- ☐ 8 slices sandwich bread white such as pullman

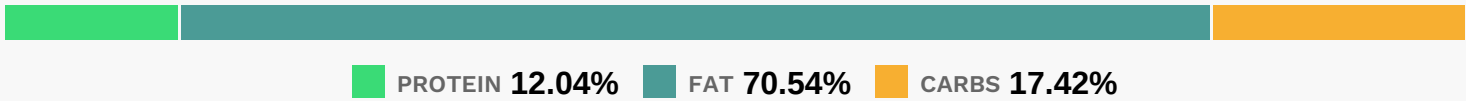
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Combine onions, vinegar, sugar, salt, and 1 tablespoon water in a small bowl and toss to combine; let stand for 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Place bacon on a foil-lined large rimmed baking sheet; brush both sides with syrup.
- ☐ Bake until bacon begins to crisp but is still pliable, 20–25 minutes.
- ☐ Mix mayonnaise and Sriracha in a small bowl to combine; set aside.
- ☐ Spread 1 side of bread slices with plain mayonnaise.
- ☐ Heat a large skillet over medium-low heat. Working in batches, cook bread, mayonnaise side down, until brown and crisp, about 3 minutes. Wipe out skillet.
- ☐ Melt butter in same skillet over medium heat; crack eggs into skillet. Cook, occasionally basting with butter in skillet, until whites are set, about 3 minutes. Season with salt and pepper.
- ☐ Spread untoasted side of each bread slice with spicy mayo. Build sandwiches with bread, bacon, eggs, pickled spring onions, and arugula.

Nutrition Facts



Properties

Glycemic Index:91.84, Glycemic Load:21.71, Inflammation Score:-6, Nutrition Score:22.034782471864%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 845.79kcal (42.29%), Fat: 65.64g (100.99%), Saturated Fat: 21.58g (134.88%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 34.9g (12.69%), Sugar: 11.41g (12.68%), Cholesterol: 278.21mg (92.74%), Sodium: 1204.98mg (52.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.43%), Selenium: 49.17µg (70.24%), Vitamin K: 54.09µg (51.52%), Vitamin B1: 0.59mg (39.33%), Vitamin B2: 0.59mg (34.42%), Vitamin B3: 6.86mg (34.3%), Phosphorus: 324.39mg (32.44%), Manganese: 0.64mg (32%), Folate: 92.65µg (23.16%), Vitamin B6: 0.44mg (21.8%), Iron: 3.35mg (18.59%), Calcium: 171.01mg (17.1%), Vitamin B5: 1.7mg (17.02%), Zinc: 2.54mg (16.92%), Vitamin B12: 1.01µg (16.9%), Vitamin A: 738.59IU (14.77%), Potassium: 436.84mg (12.48%), Vitamin E: 1.81mg (12.09%), Vitamin D: 1.57µg (10.43%), Magnesium: 40.67mg (10.17%), Copper: 0.16mg (8.22%), Vitamin C: 5.44mg (6.59%), Fiber: 1.58g (6.31%)