



Bacon-Egg-Arugula Sandwiches

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arugula trimmed
- ☐ 4 0%-less-fat bacon cooked cut in half (such as Gwaltney)
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons olives green pitted chopped
- ☐ 6 large hard-cooked eggs
- ☐ 1 tablespoon dijon honey mustard
- ☐ 3 tablespoons mayonnaise light
- ☐ 0.3 teaspoon salt

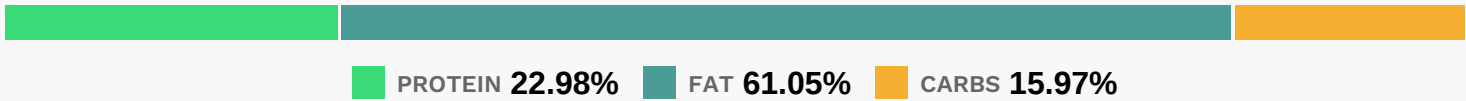
☐ 1 ounce bread light white (such as Nature's Own)

Equipment

Directions

- ☐ Slice eggs in half lengthwise, and remove yolks. Discard 4 yolks. Chop egg whites and remaining 2 yolks.
- ☐ Add mayonnaise, green olives, mustard, salt, and pepper to eggs. Stir gently.
- ☐ Spread egg mixture over 4 bread slices; place 2 bacon slice halves and 1/4 cup arugula over egg mixture. Top each with 1 bread slice.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:2.53, Inflammation Score:-3, Nutrition Score:8.6347825915917%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 184.05kcal (9.2%), Fat: 12.19g (18.75%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.78g (2.47%), Sugar: 2.47g (2.74%), Cholesterol: 282.38mg (94.13%), Sodium: 443mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.64%), Selenium: 25.07µg (35.82%), Vitamin B2: 0.41mg (23.91%), Phosphorus: 141.44mg (14.14%), Vitamin B12: 0.83µg (13.88%), Folate: 46.27µg (11.57%), Vitamin D: 1.67µg (11.17%), Vitamin B5: 1.12mg (11.16%), Vitamin K: 11.49µg (10.94%), Vitamin A: 532.13IU (10.64%), Vitamin E: 1.2mg (7.99%), Iron: 1.25mg (6.92%), Calcium: 63.53mg (6.35%), Vitamin B1: 0.09mg (5.96%), Zinc: 0.88mg (5.9%), Vitamin B6: 0.1mg (5.13%), Manganese: 0.09mg (4.33%), Potassium: 127.04mg (3.63%), Magnesium: 12.52mg (3.13%), Vitamin B3: 0.41mg (2.06%), Fiber: 0.39g (1.56%), Copper: 0.03mg (1.5%)