



Bistro Egg Sandwiches

READY IN



16 min.

SERVINGS



4

CALORIES



517 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 teaspoons anchovy paste
- 1 baguette halved lengthwise cut into 4 pieces, each
- 4 servings chives finely sliced for garnish
- 2 ounces comté cheese thinly sliced
- 0.3 pound country pate cut into 4 slices
- 1 teaspoons dijon mustard
- 4 large eggs
- 1 cup frisée
- 4 servings kosher salt and pepper freshly ground

6 tablespoons butter unsalted at room temperature

Equipment

bowl

frying pan

baking sheet

broiler

Directions

Preheat the broiler to high.

Mix 4 tablespoons butter with the mustard and anchovy paste in a small bowl until smooth.

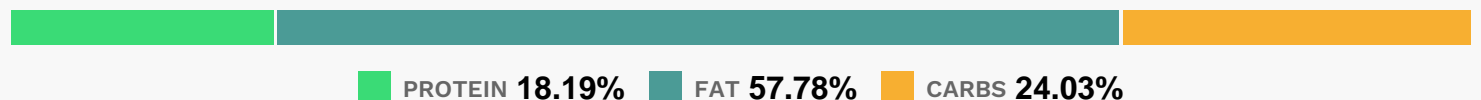
Spread the anchovy butter on the cut sides of the bread; place buttered-side up on a baking sheet and broil until toasted, 1 to 2 minutes. Set aside.

Melt the remaining 2 tablespoons butter in a large skillet over medium-high heat. Crack in the eggs; season with salt and pepper and let cook until the yolks just begin to firm up and the edges are slightly crisp, about 3 minutes.

Place 2 bread halves on each of 4 plates; top with a slice of pate, an egg, some cheese, greens and chives.

Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:20.64, Inflammation Score:-7, Nutrition Score:17.496521783912%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 517.19kcal (25.86%), Fat: 33.03g (50.81%), Saturated Fat: 17.11g (106.91%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 29.53g (10.74%), Sugar: 3.22g (3.57%), Cholesterol: 265.59mg (88.53%), Sodium: 1162.5mg (50.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.79%), Selenium: 36.3µg (51.85%), Vitamin B1: 0.57mg (38.07%), Vitamin B2: 0.55mg (32.4%), Phosphorus: 319.45mg (31.95%), Calcium: 250.42mg (25.04%), Folate: 98.31µg (24.58%), Vitamin B3: 4.53mg (22.65%), Vitamin A: 1087.78IU (21.76%), Iron: 3.48mg (19.31%), Manganese: 0.34mg (16.84%), Zinc: 2.44mg (16.27%), Vitamin B12: 0.9µg (15.04%), Vitamin B6: 0.28mg (14.16%), Vitamin B5: 1.27mg (12.68%), Vitamin D: 1.62µg (10.83%), Vitamin E: 1.39mg (9.28%), Magnesium: 36.32mg (9.08%), Potassium: 274.34mg (7.84%), Copper: 0.16mg (7.79%), Vitamin K: 6.21µg (5.91%), Fiber: 1.39g (5.57%), Vitamin C: 2.91mg (3.52%)