



BLD

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

1392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces bacon chopped
- ☐ 4 slabs semolina bread italian thick
- ☐ 4 servings butter softened
- ☐ 1 cherry chile pepper italian
- ☐ 4 large eggs organic
- ☐ 0.3 cup evoo
- ☐ 4 servings evoo for drizzling
- ☐ 1 cup flat-leaf parsley leaves fresh packed
- ☐ 0.5 cup basil leaves fresh loosely packed

- ☐ 2 cloves garlic grated
- ☐ 12 ounces haricots verts
- ☐ 2 pounds sausages italian hot
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 4 servings pepper freshly ground
- ☐ 3 tablespoons pinenuts
- ☐ 1 large bell pepper red
- ☐ 1 onion red thinly sliced quartered

Equipment

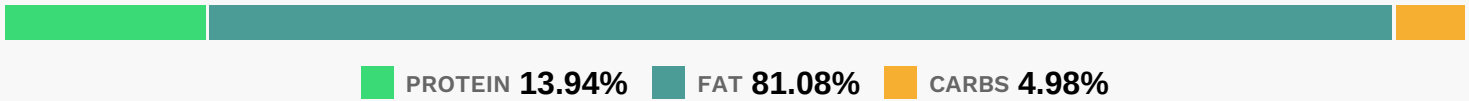
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ broiler

Directions

- ☐ For the pesto: Toast the pine nuts in a pan or in the oven, then let cool.
- ☐ Combine the parsley, basil, EVOO, cheese, pine nuts, garlic and chile pepper in a food processor and pulse until smooth. Season with salt and pepper.
- ☐ Char the bell pepper under a broiler or over a gas flame, turning occasionally.
- ☐ Place the pepper in a bowl, cover with plastic wrap and let cool. Peel off the charred skin, remove the seeds and slice.
- ☐ Place the sausages in a pan with 1/2-inch of water and drizzle a little EVOO over the top. Bring to a boil over high heat, then cover with a lid and reduce the heat to medium-high. Cook until the water has evaporated, then continue to cook until the casings crisp up in the oil.

- ☐ Meanwhile, in a second skillet over high heat, bring 2 inches of water to a boil. Salt the water and add the haricots verts. Boil for 2 to 3 minutes, then drain. Return the skillet to the heat and add a drizzle of EVOO over medium-high heat.
- ☐ Add the bacon and cook until browned and crisp.
- ☐ Add the onions and cook until tender-crisp, 3 to 4 minutes more.
- ☐ Add the haricots verts and toss to combine. Season with salt and pepper.
- ☐ Heat a griddle over medium-high heat.
- ☐ Spread the bread with a thin layer of butter on one side. Toast each piece, buttered-side down, then flip and toast the other side.
- ☐ Remove the bread and slather the grilled buttered tops with some of the pesto.
- ☐ Rub the griddle with a bit of butter and cook the eggs over easy.
- ☐ Arrange a few slices of roasted pepper on each piece of pesto toast and top with an egg.
- ☐ Serve with the sausages and haricots verts.

Nutrition Facts



Properties

Glycemic Index:119.42, Glycemic Load:4.17, Inflammation Score:-10, Nutrition Score:48.663478312285%

Flavonoids

Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 1392.2kcal (69.61%), Fat: 125.94g (193.76%), Saturated Fat: 38.77g (242.29%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 12.7g (4.62%), Sugar: 6.97g (7.75%), Cholesterol: 392.08mg (130.69%), Sodium: 2459.49mg (106.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.73g (97.46%), Vitamin K: 320.16µg (304.91%), Vitamin C: 106.61mg (129.23%), Selenium: 80.08µg (114.4%), Vitamin B1: 1.55mg (103.35%), Vitamin A: 3857.17IU (77.14%), Phosphorus: 619.49mg (61.95%), Vitamin B6: 1.22mg (61.05%), Manganese: 1.21mg (60.27%), Vitamin B3: 10.39mg (51.93%), Vitamin B2: 0.83mg (49.04%), Vitamin B12: 2.73µg (45.57%), Vitamin E: 6.66mg (44.38%), Zinc: 6.3mg (41.98%), Iron: 6.61mg (36.74%), Potassium: 1194.05mg (34.12%), Folate: 125.27µg (31.32%),

Magnesium: 104.73mg (26.18%), Vitamin B5: 2.6mg (26%), Copper: 0.46mg (23.14%), Calcium: 219.81mg (21.98%),
Fiber: 4.71g (18.84%), Vitamin D: 1.14µg (7.63%)