



BLT Benedict with Avocado-Tomato Relish

 Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



390 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups firmly arugula packed
- ☐ 1 avocado diced
- ☐ 6 slices bakery bread toasted (3/4-inch-thick)
- ☐ 12 slices bacon thick cooked
- ☐ 6 large eggs
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove minced

- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon red wine vinegar divided
- ☐ 6 servings salt and pepper to taste

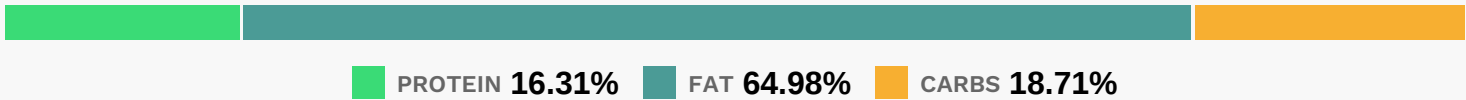
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Combine tomatoes and next 5 ingredients and 2 1/2 tsp. red wine vinegar in a small bowl.
- ☐ Add water to depth of 3 inches in a large saucepan. Bring to a boil; reduce heat, and maintain at a light simmer.
- ☐ Add remaining 1/2 tsp. red wine vinegar. Break eggs, and slip into water, 1 at a time, as close as possible to surface. Simmer 3 to 5 minutes or to desired degree of doneness.
- ☐ Remove with a slotted spoon. Trim edges, if desired.
- ☐ Spread mayonnaise on 1 side of each bread slice.
- ☐ Layer each with 1/2 cup arugula, 2 bacon slices, and 1 egg. Top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:53.11, Glycemic Load:7.79, Inflammation Score:-6, Nutrition Score:16.976956512617%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg,

Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 389.69kcal (19.48%), Fat: 28.33g (43.59%), Saturated Fat: 6.15g (38.41%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 14.52g (5.28%), Sugar: 2.93g (3.25%), Cholesterol: 205.76mg (68.59%), Sodium: 731.97mg (31.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16g (32%), Selenium: 31.98µg (45.68%), Vitamin K: 40.83µg (38.89%), Manganese: 0.47mg (23.69%), Vitamin B2: 0.4mg (23.27%), Phosphorus: 228.89mg (22.89%), Folate: 88.57µg (22.14%), Vitamin B3: 4.05mg (20.25%), Vitamin B1: 0.26mg (17.52%), Vitamin B5: 1.73mg (17.26%), Vitamin E: 2.5mg (16.65%), Vitamin B6: 0.32mg (16.12%), Vitamin A: 793.25IU (15.86%), Fiber: 3.84g (15.35%), Iron: 2.51mg (13.94%), Potassium: 452.47mg (12.93%), Zinc: 1.75mg (11.69%), Vitamin B12: 0.63µg (10.51%), Vitamin C: 8.54mg (10.35%), Magnesium: 40.12mg (10.03%), Copper: 0.19mg (9.25%), Calcium: 89.82mg (8.98%), Vitamin D: 1.08µg (7.22%)