



BLT Salad with Eggs Sunny Side Up

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounces cherry tomatoes on the vine
- ☐ 3 cups ciabatta bread french cut into 1-inch cubes (4 ounces)
- ☐ 4 large eggs
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 4 cups torn romaine lettuce
- ☐ 0.3 teaspoon salt

☐ 4 servings creamy tomato soup

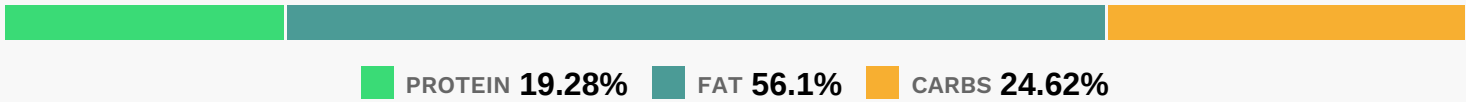
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Arrange bread on a baking sheet. Broil 1 minute or until browned, stirring after 30 seconds.
- ☐ Combine bread, lettuce, and oil; toss well.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings; crumble bacon.
- ☐ Add tomatoes to drippings in pan. Cook 3 minutes or until soft; remove from pan. Gently break eggs into pan; cook 2 minutes. Cover; cook 1 minute or until desired degree of doneness.
- ☐ Arrange 2 cups salad on each of 4 plates; top each with 1 egg.
- ☐ Sprinkle evenly with bacon, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:17.054782577183%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 253.28kcal (12.66%), Fat: 15.88g (24.43%), Saturated Fat: 4.88g (30.53%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 13.82g (5.03%), Sugar: 2.95g (3.27%), Cholesterol: 200.52mg (66.84%), Sodium: 481.83mg

(20.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.55%), Vitamin A: 4792.33IU (95.85%), Vitamin K: 52.15µg (49.66%), Selenium: 20.42µg (29.17%), Vitamin C: 21.4mg (25.94%), Folate: 98.5µg (24.62%), Vitamin B2: 0.3mg (17.46%), Phosphorus: 169.1mg (16.91%), Vitamin B6: 0.25mg (12.34%), Potassium: 421.39mg (12.04%), Iron: 2.03mg (11.28%), Vitamin B5: 1.07mg (10.67%), Manganese: 0.2mg (9.81%), Vitamin B1: 0.15mg (9.72%), Vitamin E: 1.45mg (9.66%), Vitamin B12: 0.56µg (9.25%), Vitamin B3: 1.53mg (7.66%), Zinc: 1.14mg (7.57%), Fiber: 1.86g (7.42%), Vitamin D: 1.09µg (7.25%), Copper: 0.13mg (6.69%), Magnesium: 23.23mg (5.81%), Calcium: 54.76mg (5.48%)