



Breakfast Bruschetta with Fontina-Scrambled Eggs and Salami

READY IN



40 min.

SERVINGS



6

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 10 large eggs
- 3.5 ounces fontina shredded
- 8 ounces bread french italian cut into 1/2-inch-thick slices
- 0.5 teaspoon kosher salt as needed plus more
- 3 tablespoons milk (not nonfat)
- 1 tablespoon olive oil
- 0.8 teaspoon pepper red

- 4 ounces genoa salami thinly sliced

Equipment

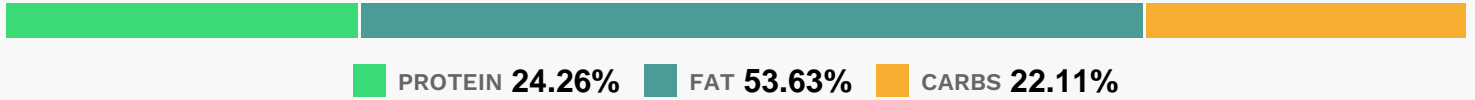
- bowl
- frying pan
- baking sheet
- oven
- whisk
- spatula
- slotted spoon

Directions

- Heat the oven to broil and arrange a rack in the middle. Stack the salami slices and cut them into 1/4-inch-wide strips.
- Place in a large nonstick frying pan over medium-low heat and cook, stirring occasionally, until crisp, about 10 to 15 minutes. Meanwhile, prepare the egg mixture and toast the bread.
- Place the eggs, milk, red pepper flakes, and measured salt and pepper in a large bowl and whisk until the eggs are broken up and the mixture is thoroughly combined; set aside.
- Place the bread on a baking sheet, brush a thin layer of the oil on each slice, and season with salt and pepper. Broil until browned and toasted, about 2 to 3 minutes; set aside. When the salami is ready, use a slotted spoon to transfer it to a paper-towel-lined plate; set aside.
- Pour the egg mixture into the pan.
- Let it sit undisturbed until the eggs just start to set around the edges, about 1 to 2 minutes. Using a rubber spatula, push the eggs from the edges into the center.
- Let sit again until the edges start to set, then spread back into an even layer. Repeat, pushing the eggs from the edges into the center every 30 seconds, until almost set, for a total cooking time of about 3 to 5 minutes. (The top of the eggs should still be slightly wet.)
- Remove the pan from the heat.
- Sprinkle in the cheese and gently fold until it's melted. Divide the eggs over the toasts. Divide the tapenade evenly over the eggs.
- Sprinkle with the reserved salami.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:15.42, Inflammation Score:-5, Nutrition Score:17.05739139474%

Nutrients (% of daily need)

Calories: 389.27kcal (19.46%), Fat: 22.97g (35.33%), Saturated Fat: 8.7g (54.37%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 20.36g (7.41%), Sugar: 2.69g (2.99%), Cholesterol: 345.01mg (115%), Sodium: 1106.12mg (48.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.74%), Selenium: 43.79µg (62.56%), Vitamin B2: 0.65mg (38.31%), Vitamin B1: 0.49mg (32.39%), Phosphorus: 313.65mg (31.36%), Vitamin B12: 1.59µg (26.49%), Folate: 87.11µg (21.78%), Zinc: 2.88mg (19.22%), Iron: 3.29mg (18.26%), Vitamin B5: 1.71mg (17.06%), Calcium: 170.3mg (17.03%), Vitamin B6: 0.31mg (15.49%), Vitamin B3: 3.01mg (15.03%), Vitamin A: 687.72IU (13.75%), Manganese: 0.25mg (12.63%), Vitamin D: 1.85µg (12.32%), Vitamin E: 1.43mg (9.57%), Copper: 0.16mg (7.78%), Magnesium: 29.99mg (7.5%), Potassium: 258.55mg (7.39%), Fiber: 0.94g (3.76%), Vitamin K: 2.77µg (2.64%)