



WHATSheATE



Breakfast Pan-Roast with Fried Eggs and Parsley Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 large eggs
- ☐ 3 ounces flat-leaf parsley stemmed coarsely chopped
- ☐ 0.8 pound bacon lean
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper freshly ground
- ☐ 3 tablespoons shallots chopped
- ☐ 1 teaspoon thyme leaves

- ☐ 3 tablespoons water
- ☐ 1.5 pounds yukon gold potatoes cut into 2-inch chunks

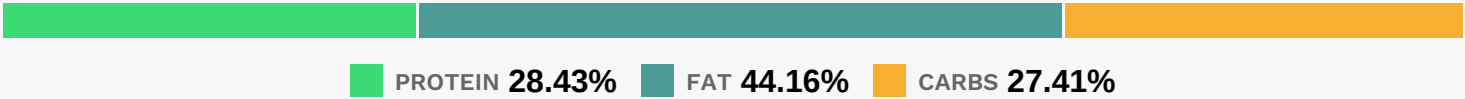
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 400.
- ☐ In a blender, puree the parsley, water, shallots, thyme and 2 tablespoons of the olive oil; season with salt and pepper.
- ☐ In a large cast-iron skillet, heat the remaining 1 tablespoon of olive oil in the oven for 10 minutes.
- ☐ Add the bacon to the skillet and bake for 12 minutes, or until the fat is rendered and the bacon is slightly crisp.
- ☐ Transfer the bacon to a plate.
- ☐ Add the potatoes to the skillet and turn to coat them with the fat; season with salt and pepper.
- ☐ Bake the potatoes for 15 minutes, or until tender and lightly browned; transfer to the plate with the bacon.
- ☐ Set the skillet over moderately low heat. Crack 4 of the eggs into the skillet and fry for 2 minutes per side, until the whites are set and the yolks are still runny (or until done to your liking).
- ☐ Transfer the eggs to 2 plates and repeat with the remaining 4 eggs. Spoon the bacon and potatoes alongside the eggs and dollop the parsley sauce on top.
- ☐ Serve at once.
- ☐ Make Ahead: The parsley sauce can be refrigerated overnight. Bring to room temperature before serving.
- ☐ Wine Recommendation: A soft, fruity and young Spanish Tempranillo will stand up to the salty bacon and contrast with the difficult-to-match eggs here. Try the 1999 Bodegas Ramon Bilbao Tempranillo Rioja Limited Edition or the 1998 Heredad Ugarte Rioja Crianza.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:22.29, Inflammation Score:-9, Nutrition Score:27.536521579908%

Flavonoids

Apigenin: 45.83mg, Apigenin: 45.83mg, Apigenin: 45.83mg, Apigenin: 45.83mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 3.16mg, Myricetin: 3.16mg, Myricetin: 3.16mg, Myricetin: 3.16mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 480.71kcal (24.04%), Fat: 23.75g (36.54%), Saturated Fat: 6.19g (38.66%), Carbohydrates: 33.16g (11.05%), Net Carbohydrates: 28.41g (10.33%), Sugar: 2.47g (2.74%), Cholesterol: 372mg (124%), Sodium: 2060.59mg (89.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.81%), Vitamin K: 358.61µg (341.54%), Vitamin C: 63.19mg (76.59%), Vitamin A: 2358.58IU (47.17%), Selenium: 31.32µg (44.75%), Vitamin B6: 0.72mg (35.93%), Vitamin B2: 0.54mg (31.54%), Phosphorus: 312.32mg (31.23%), Potassium: 1000.14mg (28.58%), Folate: 109.31µg (27.33%), Iron: 4.63mg (25.74%), Vitamin B5: 2.15mg (21.45%), Fiber: 4.75g (19.02%), Vitamin E: 2.74mg (18.28%), Manganese: 0.35mg (17.66%), Magnesium: 64.25mg (16.06%), Copper: 0.3mg (14.94%), Vitamin B12: 0.89µg (14.83%), Zinc: 2.05mg (13.68%), Vitamin D: 2µg (13.33%), Vitamin B1: 0.2mg (13.27%), Calcium: 111.12mg (11.11%), Vitamin B3: 2.17mg (10.85%)