



Breakfast Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup arugula with large stems removed cleaned
- ☐ 6 large eggs
- ☐ 4 muffins whole wheat split english toasted
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 4 servings pepper black freshly ground
- ☐ 1 medium tomatoes sliced
- ☐ 6 ounce turkey sausage patties

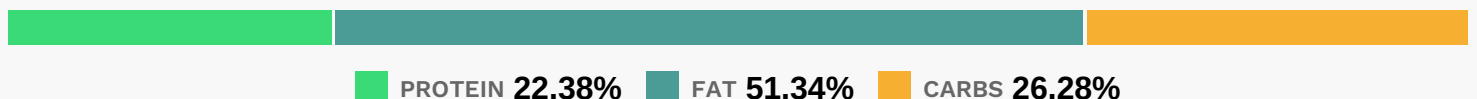
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ spatula

Directions

- ☐ To prepare the turkey sausage and arugula: In a preheated small nonstick sauté pan, cook the turkey sausage patties over medium heat for 2 to 3 minutes on each side or until the patties are golden brown and thoroughly cooked.
- ☐ Remove the turkey sausage patties from the pan.
- ☐ Add the arugula to the same pan along with 1 tablespoon water. Quickly wilt the arugula and remove from the heat.
- ☐ Place the olive oil in a preheated nonstick medium sauté pan. Crack the eggs into a small mixing bowl and whisk together with a fork for 1 minute. Season with salt and freshly ground black pepper.
- ☐ Pour the egg mixture into the pan and let sit for 15 seconds. Using a small rubber spatula, gently move the eggs around the pan, scraping from the bottom every 7 seconds or so. Continue to cook the eggs for 2 minutes longer or until they are just cooked (they should glisten and be just set).
- ☐ Assembly
- ☐ Place a cooked turkey sausage patty on each muffin bottom and top with the cooked eggs.
- ☐ Place the wilted arugula and sliced tomato over the eggs and top with the other half of the muffin.
- ☐ Serve immediately.
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Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:20.640869555266%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 376.95kcal (18.85%), Fat: 21.71g (33.4%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 20.72g (7.53%), Sugar: 5.8g (6.45%), Cholesterol: 309.62mg (103.21%), Sodium: 587.38mg (25.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.59%), Selenium: 46.02µg (65.74%), Manganese: 1.11mg (55.36%), Phosphorus: 376.79mg (37.68%), Vitamin B2: 0.48mg (28.51%), Vitamin B1: 0.33mg (22.11%), Vitamin B3: 4.2mg (20.99%), Calcium: 208.42mg (20.84%), Zinc: 2.88mg (19.19%), Vitamin B6: 0.38mg (18.95%), Vitamin B5: 1.88mg (18.82%), Iron: 3.36mg (18.66%), Folate: 73.08µg (18.27%), Fiber: 4.29g (17.17%), Vitamin B12: 1.03µg (17.15%), Vitamin A: 815.09IU (16.3%), Magnesium: 61.33mg (15.33%), Vitamin D: 2.05µg (13.69%), Potassium: 421.34mg (12.04%), Copper: 0.23mg (11.31%), Vitamin E: 1.58mg (10.52%), Vitamin K: 10.21µg (9.73%), Vitamin C: 5.26mg (6.38%)