



Breakfast Stack

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices canadian bacon (6 to 8 oz total)
- ☐ 4 large eggs
- ☐ 1 scallion
- ☐ 1 cup sushi rice
- ☐ 3 tablespoons butter unsalted

Equipment

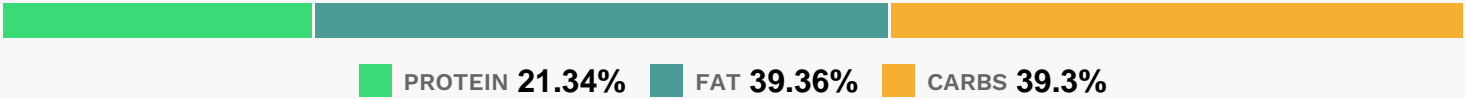
- ☐ frying pan
- ☐ paper towels

- ☐ sauce pan
- ☐ sieve
- ☐ spatula

Directions

- ☐ Rinse rice in a large fine-mesh sieve under cold running water, then drain well, tapping sieve.
- ☐ Combine rice, 1 1/4 cups water, and 1/4 teaspoon salt in a 2-quart heavy saucepan and bring to a boil. Reduce heat to low and cook, covered, 15 minutes.
- ☐ Remove from heat and let stand, covered, 10 minutes.
- ☐ While rice is standing, trim scallion and cut diagonally into very thin slices.
- ☐ Stir rice from bottom to top. Lightly butter a metal 1-cup measure. Firmly pack enough rice in measure with a rubber spatula to fill measure halfway. (If spatula becomes sticky, dip in water.) Invert measure onto a buttered plate, then tap measure to unmold rice. Repeat with remaining rice, rebuttering measure each time, to make 4 disks total. Chill disks, uncovered, at least 15 minutes.
- ☐ Heat 1 tablespoon butter in a 12-inch nonstick skillet over moderately low heat until foam subsides.
- ☐ Add rice disks and cook, rotating each once for even browning, until undersides are pale golden, about 8 to 10 minutes, then turn cakes over and add 1/2 tablespoon butter to skillet, swirling to melt butter. Cook, rotating each cake once, until golden, about 5 minutes more, and transfer to plates.
- ☐ Increase heat to high and add 1/2 tablespoon butter to skillet, then brown bacon, turning over once, about 2 minutes total.
- ☐ Place 2 slices bacon on each rice cake.
- ☐ Wipe out skillet with a paper towel and heat remaining tablespoon butter over moderately high heat until foam subsides. Crack eggs one by one into skillet.
- ☐ Sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper total and fry until whites are cooked and yolks begin to set, 2 to 4 minutes.
- ☐ Place 1 egg on each rice cake stack and sprinkle with scallion.
- ☐ Rice cakes can be shaped 1 day ahead and chilled, loosely covered after 15 minutes. Allow 2 to 5 minutes longer to cook. The eggs in this recipe will not be fully cooked, which may of concern if salmonella is a problem in your area.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:30.33, Inflammation Score:-4, Nutrition Score:14.720434714919%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 408.36kcal (20.42%), Fat: 17.5g (26.93%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 37.95g (13.8%), Sugar: 0.26g (0.29%), Cholesterol: 237.07mg (79.03%), Sodium: 591.15mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Selenium: 36.71µg (52.44%), Vitamin B1: 0.53mg (35.57%), Phosphorus: 273.98mg (27.4%), Manganese: 0.48mg (24.14%), Vitamin B3: 4.6mg (23.01%), Vitamin B2: 0.36mg (21.06%), Vitamin D: 2.75µg (18.36%), Vitamin B6: 0.36mg (17.95%), Vitamin B5: 1.46mg (14.58%), Vitamin B12: 0.84µg (14.08%), Zinc: 2.01mg (13.42%), Iron: 2.05mg (11.38%), Vitamin A: 562.3IU (11.25%), Potassium: 311.49mg (8.9%), Folate: 31.25µg (7.81%), Copper: 0.14mg (7.25%), Magnesium: 27.14mg (6.78%), Vitamin K: 7.09µg (6.76%), Vitamin E: 0.9mg (6.03%), Fiber: 1.37g (5.49%), Calcium: 42.33mg (4.23%)