



Brunch BLTs with Chilies and Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb bacon
- ☐ 1 tablespoon butter
- ☐ 5 large eggs
- ☐ 7 oz chilies whole green drained canned
- ☐ 0.3 pound jack cheese with chilies thinly sliced
- ☐ 0.3 cup milk
- ☐ 4 servings salt
- ☐ 8 slices sourdough bread
- ☐ 8 oz firm-ripe tomatoes cored rinsed sliced

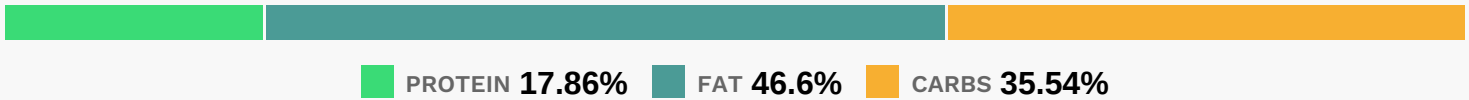
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a 10- to 12-inch frying pan over medium heat, cook bacon until brown and crisp, about 15 minutes, turning slices as needed.
- ☐ Drain bacon on towels and discard fat.
- ☐ On each of 4 bread slices, lay 2 bacon slices. Arrange cheese, chilies, and tomatoes equally on bacon; sprinkle lightly with salt. Cover each stack with another slice of bread.
- ☐ In a wide, shallow dish, beat eggs with milk to blend. On a 12-inch nonstick griddle or in a 12-inch nonstick frying pan over medium-high heat, melt half the butter. Meanwhile, one at a time, lay sandwiches in egg mixture; let stand about 15 seconds on each side. Lift out; put on griddle, 2 sandwiches at a time.
- ☐ Brown sandwiches on each side, turning as needed, about 10 minutes. When they are cooked, transfer to a baking sheet and keep warm in a 200 oven.
- ☐ Add remaining butter to pan and cook remaining 2 sandwiches. Set hot sandwiches on plates and tuck a lettuce leaf alongside each.

Nutrition Facts



Properties

Glycemic Index:57.13, Glycemic Load:53.75, Inflammation Score:-9, Nutrition Score:37.146086568418%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 844.08kcal (42.2%), Fat: 43.77g (67.34%), Saturated Fat: 16.49g (103.07%), Carbohydrates: 75.12g (25.04%), Net Carbohydrates: 70.88g (25.77%), Sugar: 11.14g (12.38%), Cholesterol: 296.98mg (98.99%), Sodium: 1644.64mg (71.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.76g (75.52%), Selenium: 71.84µg (102.63%), Vitamin C: 79.07mg (95.84%), Vitamin B1: 1.16mg (77.34%), Vitamin B2: 1.06mg (62.61%), Folate: 211.87µg (52.97%), Phosphorus: 516.82mg (51.68%), Vitamin B3: 9.49mg (47.47%), Manganese: 0.86mg (42.8%), Iron: 7.2mg (40%), Vitamin B6: 0.72mg (36.12%), Calcium: 348.43mg (34.84%), Vitamin A: 1670.99IU (33.42%), Zinc: 3.95mg (26.3%), Magnesium: 82.51mg (20.63%), Potassium: 689.75mg (19.71%), Vitamin B5: 1.97mg (19.7%), Vitamin B12: 1.16µg (19.35%), Copper: 0.37mg (18.51%), Fiber: 4.24g (16.96%), Vitamin E: 2.01mg (13.38%), Vitamin K: 13.26µg (12.63%), Vitamin D: 1.81µg (12.1%)