



Buck Rarebit (Welsh Rarebit with Spinach and a Poached Egg)



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



233 kcal

SIDE DISH

Ingredients



6 ounce ingredients: 2 eggs 2 bread – i used beer bread 1 package spinach 1 batch welsh rarebit cheese sauce cay thick steamed toasted drained to taste () (and)

Equipment



bowl

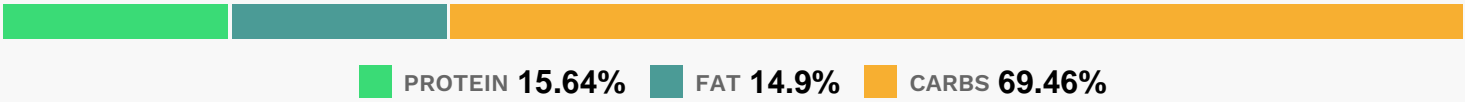


pot

Directions

- ☐ Bring a large pot of water to a boil and reduce the heat to medium.
- ☐ Crack an egg into a bowl, swirl the water in the pot and pour the egg from the bowl into the water and repeat for remaining egg.
- ☐ Let the eggs cook until the whites are set but the yolks are not, about 2–3 minutes and fish them out.
- ☐ Place the spinach on the toast, pour on the cheese sauce, top with the poached eggs and garnish with a touch of cayenne.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:21.7, Inflammation Score:-3, Nutrition Score:11.172608680618%

Nutrients (% of daily need)

Calories: 233.03kcal (11.65%), Fat: 3.85g (5.93%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 37g (13.45%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 402.28mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Manganese: 1.01mg (50.69%), Selenium: 24.49µg (34.99%), Vitamin B3: 4.75mg (23.77%), Vitamin B1: 0.35mg (23.3%), Folate: 72.29µg (18.07%), Iron: 3.06mg (17.01%), Fiber: 3.4g (13.61%), Vitamin B2: 0.21mg (12.61%), Phosphorus: 109.71mg (10.97%), Calcium: 106.31mg (10.63%), Magnesium: 34.87mg (8.72%), Vitamin B5: 0.7mg (6.97%), Copper: 0.13mg (6.29%), Zinc: 0.88mg (5.9%), Vitamin B6: 0.09mg (4.72%), Vitamin K: 4.17µg (3.97%), Potassium: 119.92mg (3.43%), Vitamin E: 0.16mg (1.08%)