



Dinner Tonight: Chorizo Breakfast Sandwich with Sage Pesto

READY IN



45 min.

SERVINGS



1

CALORIES



608 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup baby arugula
- ☐ 1 ciabatta rolls toasted sliced in half and , if desired
- ☐ 5 slices chorizo spanish
- ☐ 1 eggs
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 medium clove garlic
- ☐ 1 serving kosher salt to taste
- ☐ 2 ounces parmesan cheese grated

☐ 2 ounces sage loosely packed

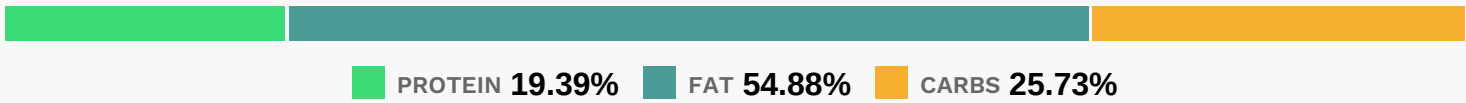
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine sage, walnuts, and garlic in bowl of food processor. Process until evenly chopped, scraping down sides as necessary, about 10 one-second pulses.
- ☐ Add cheese and pulse to incorporate. With machine running, slowly drizzle in 2/3 cup oil. Stop machine and check consistency.
- ☐ Add up to two more tablespoons olive oil to achieve a loose paste. Season to taste with salt.
- ☐ Heat oil in a 10-inch nonstick skillet over medium-high heat until shimmering.
- ☐ Add the slices of chorizo and cook until beginning to crisp, about 2 minutes per side, then move to the side of the pan to make room for the egg. Fry the egg in the chorizo/olive oil until the white is set but the yolk is still runny, about 3 minutes. Season the top with a pinch of salt and pepper.
- ☐ Lay the chorizo slices in the ciabatta roll, top with arugula, then with the fried egg.
- ☐ Drizzle with pesto and serve immediately.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:25.8339130101%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.84mg, Quercetin: 0.84mg,

Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 608.33kcal (30.42%), Fat: 36.86g (56.7%), Saturated Fat: 13.43g (83.91%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 36.39g (13.23%), Sugar: 0.44g (0.49%), Cholesterol: 216.13mg (72.04%), Sodium: 1527.58mg (66.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.62%), Copper: 69.81mg (3490.55%), Manganese: 2.43mg (121.64%), Calcium: 698.37mg (69.84%), Selenium: 33.81µg (48.3%), Phosphorus: 464.89mg (46.49%), Vitamin B2: 0.44mg (25.7%), Zinc: 3.54mg (23.57%), Iron: 3.97mg (22.07%), Vitamin A: 983.47IU (19.67%), Vitamin K: 20.47µg (19.5%), Vitamin B12: 1.16µg (19.28%), Vitamin E: 2.81mg (18.75%), Magnesium: 69.7mg (17.43%), Fiber: 2.49g (9.96%), Vitamin B5: 0.92mg (9.2%), Potassium: 312.25mg (8.92%), Folate: 33.87µg (8.47%), Vitamin B6: 0.17mg (8.26%), Vitamin D: 1.16µg (7.76%), Vitamin B1: 0.11mg (7.42%), Vitamin C: 2.44mg (2.95%)