



WHATSheATE



Duck Egg Sandwich with Spinach and Chipotle Cream



Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



610 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

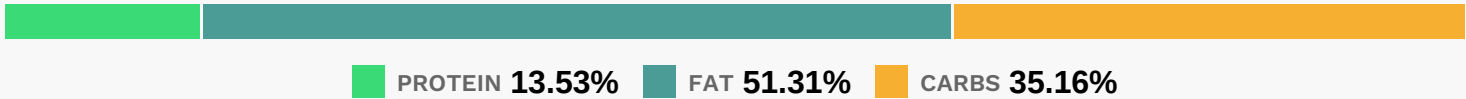
- ☐ 1 tablespoon chiles in adobo sauce canned (from a can of chipotles; add more or less depending on how spicy you like things)
- ☐ 0.5 cup baby spinach
- ☐ 1 brioche hamburger buns toasted
- ☐ 1 eggs
- ☐ 1 onion red
- ☐ 1 strips bell pepper smoked red
- ☐ 1 tablespoon cream sour

Equipment

Directions

- ☐ Mix the adobo sauce with the sour cream.
- ☐ Spread the mixture on both sides of the bun. Fry the egg sunny-side up. Top the bottom of the bun with the spinach, red pepper, onion, and egg.
- ☐ Add the top bun and serve immediately.
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Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:2.35, Inflammation Score:-9, Nutrition Score:21.238260901493%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 22.93mg, Quercetin: 22.93mg, Quercetin: 22.93mg, Quercetin: 22.93mg

Nutrients (% of daily need)

Calories: 610.11kcal (30.51%), Fat: 35.14g (54.06%), Saturated Fat: 15.2g (95.03%), Carbohydrates: 54.19g (18.06%), Net Carbohydrates: 51.73g (18.81%), Sugar: 6.19g (6.88%), Cholesterol: 769.52mg (256.51%), Sodium: 3593.45mg (156.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.84g (41.69%), Vitamin K: 74.79µg (71.22%), Vitamin B12: 3.81µg (63.42%), Vitamin A: 2745.92IU (54.92%), Selenium: 27.17µg (38.81%), Folate: 108.8µg (27.2%), Iron: 4.76mg (26.45%), Vitamin B2: 0.37mg (21.6%), Phosphorus: 209.47mg (20.95%), Vitamin C: 14.79mg (17.92%), Vitamin B6: 0.34mg (17.2%), Calcium: 167.24mg (16.72%), Manganese: 0.31mg (15.27%), Vitamin B5: 1.49mg (14.92%), Potassium: 450.47mg (12.87%), Vitamin B1: 0.18mg (12.11%), Vitamin E: 1.81mg (12.07%), Magnesium: 40.21mg (10.05%), Fiber: 2.45g (9.82%), Zinc: 1.34mg (8.94%), Vitamin D: 1.19µg (7.93%), Copper: 0.11mg (5.68%), Vitamin B3: 0.48mg (2.41%)