



Egg and Potato Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby arugula
- 6 large eggs
- 4 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 1 medium onion thinly sliced
- 1 large frying pepper italian seeded thinly sliced (Cubanelle)
- 4 slices sharp provolone cheese
- 2 teaspoons red wine vinegar

- 1 medium baking potatoes peeled cut into 1/2-inch cubes
- 4 semolina rolls split toasted seeded

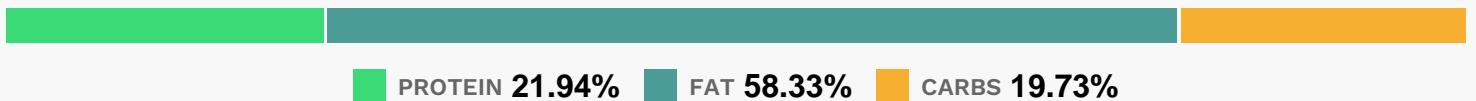
Equipment

- bowl
- frying pan

Directions

- Heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat.
- Add the potato and cook, tossing, until browned and beginning to soften, 4 to 5 minutes.
- Add the sliced pepper and onion and season with salt. Cook, tossing occasionally, until the potato is cooked through and the pepper and onion are browned but not completely soft, 8 to 10 minutes.
- Meanwhile, beat the eggs in a bowl and season with salt. Reduce the heat to low and give the pan a moment to cool.
- Pour in the eggs and cook, stirring constantly, until just set, 2 to 3 minutes.
- Remove from the heat.
- Toss the arugula with the remaining 2 teaspoons olive oil and the vinegar in a bowl. Season with salt. Fill each roll with the scrambled eggs, cheese, if desired, and the arugula.

Nutrition Facts



Properties

Glycemic Index:64.19, Glycemic Load:8.78, Inflammation Score:-7, Nutrition Score:15.32695641725%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 7.16mg, Kaempferol: 7.16mg, Kaempferol: 7.16mg, Kaempferol: 7.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 298.59kcal (14.93%), Fat: 19.41g (29.86%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 13.18g (4.79%), Sugar: 2.29g (2.55%), Cholesterol: 292.11mg (97.37%), Sodium: 447.98mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Selenium: 27.1µg (38.71%), Phosphorus: 292.36mg (29.24%), Vitamin K: 28.13µg (26.8%), Vitamin B2: 0.45mg (26.59%), Calcium: 232.51mg (23.25%), Vitamin A: 1049.25IU (20.98%), Vitamin B6: 0.37mg (18.72%), Folate: 71.1µg (17.78%), Vitamin B12: 0.94µg (15.75%), Vitamin B5: 1.53mg (15.31%), Potassium: 471.99mg (13.49%), Iron: 2.34mg (12.99%), Vitamin E: 1.94mg (12.94%), Zinc: 1.89mg (12.61%), Manganese: 0.25mg (12.3%), Vitamin D: 1.6µg (10.63%), Magnesium: 39.72mg (9.93%), Vitamin C: 8.08mg (9.8%), Copper: 0.15mg (7.27%), Vitamin B1: 0.11mg (7.14%), Fiber: 1.58g (6.33%), Vitamin B3: 0.79mg (3.96%)