



Eggs Baja

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon (4 oz. total)
- 4 large eggs
- 2 tablespoons cilantro leaves fresh chopped
- 2 chilies whole green canned halved lengthwise
- 4 servings salt and pepper
- 0.5 cup cheddar cheese shredded
- 4 slices sourdough bread thick (3 by 6 in. and)
- 8 oz firm-ripe tomato cored rinsed sliced

Equipment

- frying pan
- baking sheet
- paper towels
- spatula

Directions

- In a 10- to 12-inch nonstick frying pan over medium-high heat, cook bacon, turning once, until crisp and browned, 4 to 5 minutes total.
- Transfer to paper towels to drain. Discard fat from pan; if desired, wipe pan clean.
- Set pan over medium heat; break eggs into pan and cook to desired doneness, turning once if you like, 2 to 5 minutes for soft yolks.
- Sprinkle with salt and pepper.
- Meanwhile, place bread slices on a 12- by 15-inch baking sheet. Broil 6 inches from heat until lightly toasted, 1 to 2 minutes. Turn slices over and top equally with tomato slices, chilies, and cheese. Broil until cheese is melted, 2 to 3 minutes.
- Top each sandwich with an egg, then a slice of bacon; sprinkle evenly with cilantro. Use a wide spatula to transfer each sandwich to a plate.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:27.02, Inflammation Score:-8, Nutrition Score:20.686086758323%

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: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 414.2kcal (20.71%), Fat: 20.05g (30.85%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 35.97g (13.08%), Sugar: 5.87g (6.53%), Cholesterol: 214.65mg (71.55%), Sodium: 893.04mg (38.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.41%), Selenium: 42.19µg (60.27%), Vitamin C: 40.15mg (48.67%), Vitamin B1: 0.58mg (38.44%), Vitamin B2: 0.61mg (36.02%), Folate: 118.99µg (29.75%), Phosphorus: 285.95mg (28.6%), Vitamin B3: 4.63mg (23.17%), Manganese: 0.46mg (23.06%), Vitamin A: 1119.67IU (22.39%), Iron: 3.88mg (21.56%), Vitamin B6: 0.38mg (19.06%), Calcium: 171.32mg (17.13%), Zinc: 2.24mg (14.97%), Vitamin B5: 1.26mg (12.58%), Vitamin B12: 0.7µg (11.75%), Potassium: 406.23mg (11.61%), Magnesium: 44.4mg (11.1%), Copper: 0.21mg (10.51%), Fiber: 2.43g (9.73%), Vitamin E: 1.33mg (8.84%), Vitamin K: 9.19µg (8.75%), Vitamin D: 1.17µg (7.82%)