



Eggs with Serrano Ham and Manchego Cheese, Green Olive Relish, and Migas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula leaves packed (lightly)
- ☐ 4 servings coarse kosher salt
- ☐ 4 large eggs
- ☐ 4 cups torn baby frisée packed (lightly)
- ☐ 2 small garlic cloves pressed
- ☐ 4 ounces manchego cheese very thinly sliced
- ☐ 0.3 cup brine-cured olives green pitted chopped

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.3 cup roasted bell pepper from jar red drained chopped
- ☐ 4 slices serrano ham very thin
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 tablespoon sherry wine vinegar
- ☐ 4.8 inch thick pain rustique generous cut into 3/4-inch cubes (4 cups)

Equipment

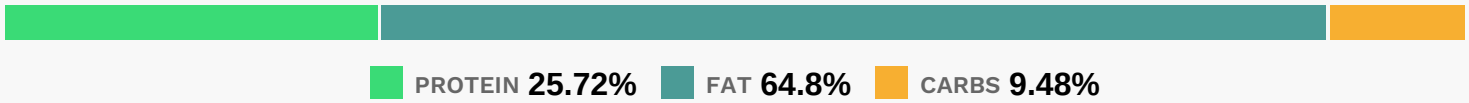
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine all ingredients in small bowl. DO AHEAD: Relish can be made 1 day ahead. Cover and refrigerate.
- ☐ Preheat oven to 375°F. Stir olive oil and garlic in large bowl.
- ☐ Add bread cubes and toss to coat well.
- ☐ Transfer bread to heavy large baking sheet and bake until lightly toasted yet still chewy, about 10 minutes. Cool.
- ☐ Whisk olive oil, vinegar, and shallots in large bowl.
- ☐ Add arugula, frisée, and migas; toss well. Season lightly with fleur de sel. Divide salad among 4 plates.
- ☐ Heat olive oil in large nonstick skillet over medium heat.
- ☐ Add eggs; immediately cover top of each egg with cheese, dividing evenly. Cover and cook until egg whites are just set and cheese softens, about 2 minutes. Carefully transfer 1 egg to each plate; top with ham and season with pepper. Top each egg with relish, dividing evenly.

* A Spanish cheese made from sheep's milk; sold at some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:21.14217392258%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 8.21mg, Kaempferol: 8.21mg, Kaempferol: 8.21mg, Kaempferol: 8.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 311.83kcal (15.59%), Fat: 22.72g (34.95%), Saturated Fat: 10.03g (62.68%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 4.06g (1.48%), Sugar: 2.19g (2.43%), Cholesterol: 225.83mg (75.28%), Sodium: 1013.64mg (44.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.57%), Vitamin K: 176.23µg (167.84%), Vitamin A: 3848.03IU (76.96%), Calcium: 438.02mg (43.8%), Folate: 105.81µg (26.45%), Vitamin C: 20.75mg (25.15%), Selenium: 16.68µg (23.83%), Manganese: 0.4mg (20.12%), Vitamin B2: 0.31mg (18.15%), Vitamin E: 2.68mg (17.85%), Phosphorus: 151.54mg (15.15%), Vitamin B5: 1.51mg (15.12%), Fiber: 3.42g (13.68%), Iron: 2.33mg (12.97%), Vitamin B6: 0.25mg (12.66%), Potassium: 438.33mg (12.52%), Copper: 0.24mg (12.13%), Magnesium: 37.64mg (9.41%), Vitamin B12: 0.46µg (7.67%), Zinc: 1.1mg (7.3%), Vitamin D: 1.01µg (6.75%), Vitamin B1: 0.08mg (5.59%), Vitamin B3: 0.6mg (3.01%)