



## Fried Egg BLT Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 applewood-smoked bacon cooked halved drained
- 1 cup baby arugula packed
- 0.3 teaspoon pepper black freshly ground
- 4 ounce focaccia bread toasted
- 4 large eggs
- 0.3 teaspoon kosher salt
- 1 teaspoon olive oil
- 4 slices tomatoes (1/4-inch-thick)

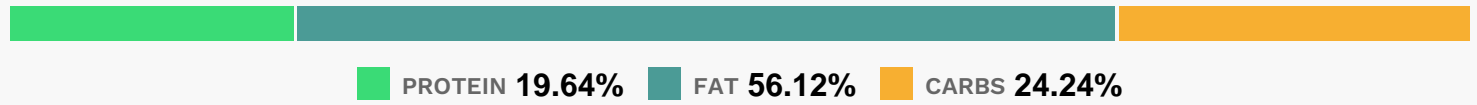
# Equipment

- frying pan

# Directions

- Heat a large nonstick skillet over medium heat.
- Add olive oil to pan; swirl to coat. Crack eggs into pan; cook 2 minutes. Cover and cook an additional 2 minutes or until whites are set or until desired degree of doneness.
- Remove from heat.
- Place 1 focaccia slice on each of 4 plates; top each serving with 1/4 cup arugula, 2 bacon slice halves, and 1 tomato slice.
- Sprinkle tomatoes evenly with salt and pepper. Top each serving with 1 egg; garnish with additional freshly ground black pepper, if desired.

# Nutrition Facts



# Properties

Glycemic Index:40.17, Glycemic Load:7.56, Inflammation Score:-5, Nutrition Score:11.493478256723%

# Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

# Nutrients (% of daily need)

Calories: 256.18kcal (12.81%), Fat: 15.86g (24.4%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 13.85g (5.04%), Sugar: 2.62g (2.91%), Cholesterol: 200.52mg (66.84%), Sodium: 498.82mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.98%), Selenium: 27.96µg (39.94%), Manganese: 0.42mg (20.87%), Vitamin B2: 0.33mg (19.26%), Phosphorus: 176.53mg (17.65%), Folate: 56.52µg (14.13%), Vitamin B1: 0.21mg (13.97%), Vitamin B3: 2.68mg (13.42%), Vitamin A: 622.95IU (12.46%), Iron: 2.15mg (11.95%), Vitamin B5: 1.17mg (11.69%), Vitamin B6: 0.2mg (10.03%), Vitamin K: 9.93µg (9.46%), Vitamin B12: 0.56µg (9.25%), Zinc: 1.27mg (8.47%), Calcium: 75.89mg (7.59%), Vitamin D: 1.09µg (7.25%), Potassium: 236.67mg (6.76%), Vitamin E: 0.99mg (6.57%), Magnesium: 25.8mg (6.45%), Fiber: 1.57g (6.28%), Vitamin C: 4.51mg (5.46%), Copper:

0.11mg (5.44%)