



Fried-Egg Caesar with Sun-Dried Tomatoes and Prosciutto Breadsticks

READY IN



15 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large eggs
- ☐ 1 teaspoon anchovy paste (such as nam pla or nuoc nam)
- ☐ 1 small garlic clove pressed
- ☐ 16 cups baby greens
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 long breadsticks thin (grissini)
- ☐ 0.8 cup sun-dried tomatoes halved drained (from 8.5-ounce jar)
- ☐ 8 tablespoons olive oil divided

- ☐ 0.5 cup parmesan cheese finely grated plus more for sprinkling
- ☐ 8 slices pancetta halved lengthwise thin

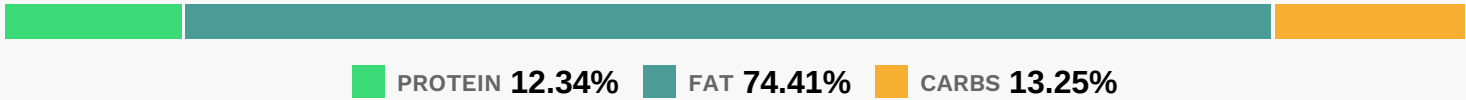
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Spiral wrap 1 slice (2 halves) of prosciutto around each breadstick.
- ☐ Combine romaine, tomatoes, and 1/2 cup cheese in large bowl.
- ☐ Whisk 7 tablespoons oil and next 3 ingredients in small bowl. Season with salt and pepper; toss with salad. Divide among plates.
- ☐ Heat remaining 1 tablespoon oil in large nonstick skillet over medium-high heat. Drop eggs into skillet. Cook until whites are firm and yolks are cooked to desired consistency but remain slightly runny. Top each salad with 1 fried egg.
- ☐ Sprinkle eggs with more Parmesan cheese; serve with prosciutto breadsticks.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:33.233043401138%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 544.59kcal (27.23%), Fat: 46.57g (71.65%), Saturated Fat: 10.04g (62.74%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 11.31g (4.11%), Sugar: 3.87g (4.3%), Cholesterol: 208.71mg (69.57%), Sodium: 529.51mg (23.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.75%), Vitamin A: 25735.2IU (514.7%), Vitamin K: 312.61µg (297.73%), Folate: 422.75µg (105.69%), Vitamin C: 35.65mg (43.22%), Selenium: 27.11µg (38.73%), Vitamin E: 5.13mg (34.19%), Potassium: 1181.45mg (33.76%), Vitamin B2: 0.57mg (33.24%), Phosphorus: 325.67mg (32.57%), Manganese: 0.6mg (30.11%), Fiber: 7.35g (29.39%), Iron: 4.61mg (25.63%), Calcium: 250.02mg (25%), Vitamin B6: 0.44mg (21.76%), Vitamin B1: 0.32mg (21.4%), Magnesium: 72.05mg (18.01%), Zinc: 2.28mg (15.17%), Copper: 0.3mg (14.89%), Vitamin B5: 1.44mg (14.4%), Vitamin B3: 2.69mg (13.43%), Vitamin B12: 0.71µg (11.78%), Vitamin D: 1.15µg (7.68%)