



## Fried Egg, Prosciutto, Frisee and Blue Cheese on Ciabatta

READY IN



30 min.

SERVINGS



4

CALORIES



614 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 2 tablespoons butter
- ☐ 0.3 pound cabrales cheese blue crumbled thin
- ☐ 8 slices ciabatta bread italian
- ☐ 1 teaspoon dijon mustard
- ☐ 4 large eggs
- ☐ 0.3 pound frisée washed and dried
- ☐ 0.3 teaspoon kosher salt plus more for seasoning

- ☐ 3 tablespoons olive oil pure
- ☐ 8 slices pancetta thin
- ☐ 3 tablespoons citrus champagne vinegar

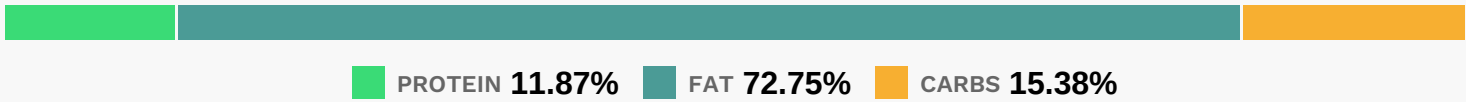
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Whisk together vinegar, mustard, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl.
- ☐ Whisk in the olive oil until combined. Fold in the crumbled blue cheese.
- ☐ Add the frisee and toss well to coat the frisee with the dressing. Season with more black pepper, to taste.
- ☐ Heat a little of the butter in a small nonstick skillet over medium heat. Gently crack an egg into a small dish, and then add to the pan with the butter and cook until the white is set and the yellow is slightly firm, about 2 minutes. Season with salt and pepper and then gently turn the egg over and continue cooking for 1 minute. The yolk should still be slightly runny. Repeat with remaining butter and eggs.
- ☐ Place the bread on a flat surface and top each with 1/4 of the frisee mixture, followed by 2 slices of prosciutto, and then an egg.
- ☐ Place a thin slice of blue cheese on top of the egg and garnish with ground black pepper.
- ☐ Place another piece of bread on top. Repeat to make a total of 4 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:18.849999800972%

## Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 614.24kcal (30.71%), Fat: 49.67g (76.42%), Saturated Fat: 21.75g (135.91%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 21g (7.64%), Sugar: 12.91g (14.34%), Cholesterol: 232.87mg (77.62%), Sodium: 869.33mg (37.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Vitamin K: 92.23µg (87.84%), Vitamin A: 2289.47IU (45.79%), Selenium: 23.26µg (33.23%), Phosphorus: 264mg (26.4%), Vitamin B2: 0.42mg (24.56%), Folate: 90.41µg (22.6%), Calcium: 210.73mg (21.07%), Vitamin E: 2.99mg (19.9%), Vitamin B5: 1.69mg (16.87%), Vitamin B12: 0.88µg (14.71%), Vitamin B3: 2.92mg (14.62%), Iron: 2.27mg (12.6%), Zinc: 1.81mg (12.04%), Potassium: 388.86mg (11.11%), Fiber: 2.62g (10.48%), Vitamin B6: 0.21mg (10.29%), Vitamin B1: 0.15mg (9.88%), Manganese: 0.17mg (8.33%), Vitamin C: 6.87mg (8.32%), Vitamin D: 1.21µg (8.04%), Magnesium: 31.15mg (7.79%), Copper: 0.14mg (7.08%)