



Fried Egg Sandwiches

READY IN



27 min.

SERVINGS



4

CALORIES



519 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 cups arugula loosely packed
- ☐ 2 tablespoons butter melted
- ☐ 4 slices challah bread (1/2-inch-thick)
- ☐ 4 large eggs
- ☐ 3 teaspoons olive oil extra virgin divided
- ☐ 0.5 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 0.9 oz knorr hollandaise sauce mix
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons juice of lemon fresh divided

- ☐ 0.3 teaspoon lemon zest
- ☐ 12 slices pancetta cooked thin
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 tablespoons sun-dried tomatoes chopped

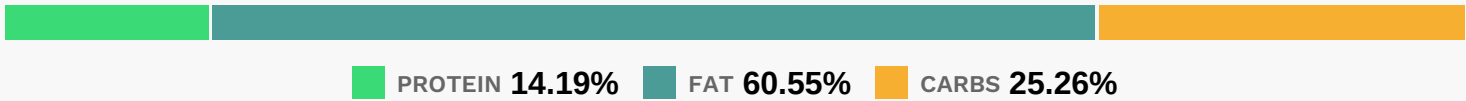
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler with oven rack 5 to 6 inches from heat.
- ☐ Brush both sides of bread with butter; place on an aluminum foil-lined broiler pan. Broil 1 to 2 minutes on each side or until lightly toasted.
- ☐ Prepare hollandaise sauce according to package directions; stir in zest and 1/2 tsp. lemon juice. Keep warm.
- ☐ Toss together arugula, next 2 ingredients, 2 tsp. olive oil, and remaining 1 tsp. lemon juice.
- ☐ Heat remaining 1 tsp. olive oil in a large nonstick skillet over medium heat. Gently break eggs into hot skillet; sprinkle with salt and pepper. Cook 2 to 3 minutes on each side or to desired degree of doneness.
- ☐ Top bread slices with arugula mixture, pancetta slices, and fried eggs. Spoon hollandaise sauce over each egg, and sprinkle with tomatoes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:21.488695683687%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 519.23kcal (25.96%), Fat: 33.5g (51.54%), Saturated Fat: 12.04g (75.25%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 29.3g (10.66%), Sugar: 2.82g (3.13%), Cholesterol: 283.14mg (94.38%), Sodium: 951.35mg (41.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.32%), Vitamin K: 138.14µg (131.56%), Selenium: 40.05µg (57.21%), Vitamin B2: 0.53mg (31.03%), Vitamin A: 1464.31IU (29.29%), Vitamin B1: 0.4mg (26.51%), Folate: 104.47µg (26.12%), Phosphorus: 239.05mg (23.91%), Vitamin B3: 4.67mg (23.35%), Manganese: 0.4mg (20.17%), Iron: 3.55mg (19.73%), Vitamin C: 14.08mg (17.07%), Vitamin B6: 0.27mg (13.33%), Vitamin B5: 1.3mg (13%), Vitamin B12: 0.72µg (12%), Zinc: 1.76mg (11.75%), Potassium: 397.44mg (11.36%), Calcium: 113.42mg (11.34%), Vitamin E: 1.54mg (10.29%), Copper: 0.2mg (9.99%), Vitamin D: 1.38µg (9.2%), Magnesium: 35.9mg (8.97%), Fiber: 2.15g (8.62%)