



Fried Egg Sandwiches With Toasted Mustard Seed Aioli

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 ounce bagels split toasted
- 0.3 teaspoon pepper black freshly ground
- 1 cup egg substitute
- 4 teaspoons butter light
- 4 servings mustard seed aioli toasted
- 0.3 teaspoon salt
- 6 large spinach leaves fresh
- 8 slices tomatoes thin

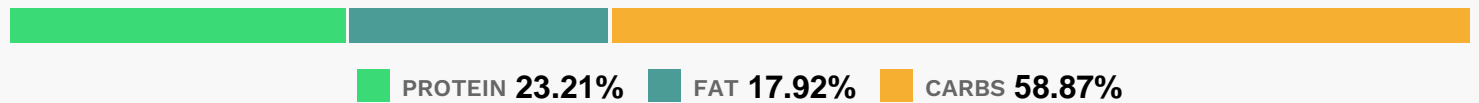
Equipment

- frying pan

Directions

- Prepare Toasted Mustard Seed Aoli; set aside.
- Combine egg substitute, salt, and pepper.
- Place a small skillet over medium heat until hot.
- Add 1 teaspoon butter to pan; pour 1/4 cup egg mixture in center of pan. Do not stir. Cook until almost set; turn egg, and cook 30 seconds.
- Remove from heat, and keep warm. Repeat with remaining butter and egg mixture.
- Spread 1 tablespoon Toasted Mustard Seed Aoli on bottom half of each bagel; add cooked egg, and top each evenly with tomato and spinach. Top with remaining bagel half.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:20.9, Inflammation Score:-4, Nutrition Score:9.6508696027424%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 220.5kcal (11.02%), Fat: 4.36g (6.71%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 30.61g (11.13%), Sugar: 1.4g (1.55%), Cholesterol: 5.22mg (1.74%), Sodium: 570.86mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Selenium: 29.01µg (41.45%), Manganese: 0.39mg (19.54%), Vitamin B2: 0.27mg (16.07%), Iron: 2.26mg (12.54%), Vitamin B5: 1.22mg (12.23%), Vitamin B1: 0.18mg (12.2%), Phosphorus: 117.28mg (11.73%), Magnesium: 34.71mg (8.68%), Zinc: 1.23mg (8.23%), Vitamin E: 1.18mg (7.84%), Vitamin K: 8.07µg (7.69%), Vitamin A: 377.31IU (7.55%), Folate: 28.59µg (7.15%), Vitamin D: 1.01µg (6.73%), Fiber: 1.64g (6.55%), Calcium: 64.02mg (6.4%), Potassium: 218.13mg (6.23%), Copper: 0.12mg (6.17%), Vitamin B6: 0.12mg (6.1%), Vitamin B3: 1.2mg (6%), Vitamin B12: 0.21µg (3.51%), Vitamin C: 1.14mg (1.38%)