



Grilled Cheese and Fried Egg Sandwiches

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



723 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 12 basil fresh
- ☐ 2 tablespoons butter
- ☐ 4 large eggs
- ☐ 1 small spring onion chopped
- ☐ 12 slices pancetta italian (bacon)
- ☐ 4 servings parmesan
- ☐ 8 slices provolone cheese thin
- ☐ 4 slices sourdough bread

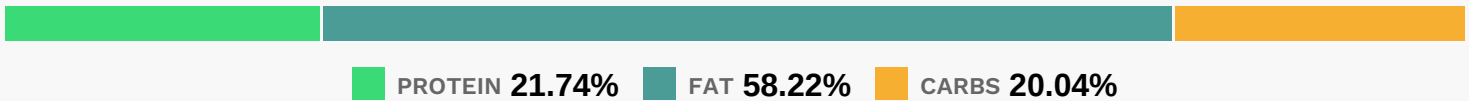
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook pancetta in large nonstick skillet over medium-high heat until crisp.
- ☐ Transfer to paper towels. Reserve skillet with drippings.
- ☐ Melt butter in extra-large nonstick skillet over medium heat.
- ☐ Add 4 bread slices; top each with 2 provolone slices.
- ☐ Sprinkle with black pepper. Cook until cheese melts, 3 to 4 minutes.
- ☐ Meanwhile, heat skillet with drippings over medium heat. Crack eggs into skillet; cook until whites are set but yolks are still runny, 2 to 3 minutes. Set 6 pancetta slices and 2 eggs atop each of 2 cheese toasts. Top eggs with onion, Parmesan, and basil, then remaining bread slices, cheese side down.
- ☐ Cut sandwiches in half and serve.
- ☐ Per serving: 480 calories, 32 g fat, 0.7 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:71.63, Glycemic Load:26.12, Inflammation Score:-7, Nutrition Score:24.453043204287%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 722.57kcal (36.13%), Fat: 46.52g (71.57%), Saturated Fat: 22.51g (140.67%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 34.56g (12.57%), Sugar: 3.63g (4.04%), Cholesterol: 275.39mg (91.8%), Sodium: 1536.44mg (66.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.09g (78.17%), Selenium: 54.44µg

(77.77%), Calcium: 710.56mg (71.06%), Phosphorus: 626.17mg (62.62%), Vitamin B2: 0.76mg (44.8%), Vitamin B1: 0.61mg (40.71%), Folate: 109.95µg (27.49%), Vitamin B12: 1.58µg (26.36%), Zinc: 3.88mg (25.86%), Vitamin B3: 4.97mg (24.86%), Iron: 4.05mg (22.51%), Vitamin A: 1104.93IU (22.1%), Manganese: 0.38mg (18.98%), Vitamin B6: 0.32mg (16.15%), Vitamin B5: 1.54mg (15.41%), Magnesium: 56.52mg (14.13%), Vitamin D: 1.51µg (10.05%), Vitamin K: 10µg (9.53%), Potassium: 315.75mg (9.02%), Copper: 0.18mg (8.8%), Vitamin E: 1.17mg (7.82%), Fiber: 1.46g (5.84%)