



Nancy Silverton's Breakfast Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 cups arugula fresh
- ☐ 4 eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic peeled
- ☐ 2 ounces pancetta thinly sliced
- ☐ 4 slices bread crumbs
- ☐ 1 bunch spring onion green chopped
- ☐ 4 servings sea salt

☐ 2 tablespoons vinegar white

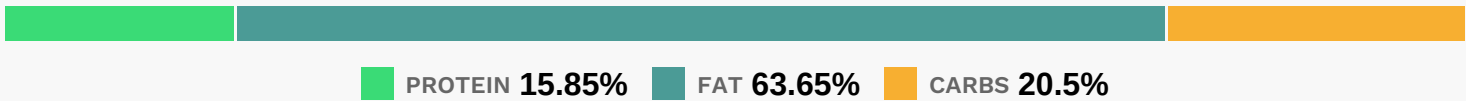
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ In a small food processor, pulse the scallions and parsley until well chopped.
- ☐ Add the olive oil and pulverize for a few more seconds to combine.
- ☐ Toast or grill the slices of bread, then rub them lightly with the garlic clove.
- ☐ Spread a spoonful of the scallion oil into each slice of bread.
- ☐ Bring a medium saucepan of water to boil and add the vinegar. Turn the heat down to just a simmer. Crack the eggs into a small bowl, then add them carefully to the water to poach for 2–3 minutes, until the white is set but the yolk is still runny.
- ☐ Drap the sliced of proscuitto on top of the scallion oil, then top with arugula. Finish each open-faced sandwich with an egg, a sprinkle of sea salt, and more of the scallion oil.
- ☐ Serve immediately while the egg yolk is still warm.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:12.514347812404%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 242.41kcal (12.12%), Fat: 16.99g (26.14%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 11.11g (4.04%), Sugar: 6.74g (7.49%), Cholesterol: 173.04mg (57.68%), Sodium: 431.05mg (18.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.03%), Vitamin K: 105.46µg (100.44%), Selenium: 16.58µg (23.68%), Vitamin A: 961.23IU (19.22%), Vitamin B2: 0.25mg (14.69%), Folate: 54.44µg (13.61%), Phosphorus: 126.72mg (12.67%), Vitamin C: 9.51mg (11.53%), Iron: 1.81mg (10.05%), Vitamin B5: 0.83mg (8.26%), Vitamin B3: 1.64mg (8.18%), Vitamin B12: 0.46µg (7.71%), Vitamin B6: 0.14mg (6.86%), Vitamin B1: 0.1mg (6.55%), Vitamin D: 0.94µg (6.24%), Potassium: 216.55mg (6.19%), Zinc: 0.91mg (6.06%), Calcium: 54.53mg (5.45%), Fiber: 1.2g (4.79%), Magnesium: 19.05mg (4.76%), Vitamin E: 0.64mg (4.25%), Manganese: 0.08mg (4.05%), Copper: 0.06mg (3.03%)