



Open-Face Bacon-and-Egg Sandwiches with Arugula

READY IN



30 min.

SERVINGS



2

CALORIES



640 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup arugula packed ()
- ☐ 5 bacon halved
- ☐ 4 inch bread halved
- ☐ 2 large eggs
- ☐ 3 tablespoons olive oil divided
- ☐ 2 servings parmesan
- ☐ 1 small shallots chopped
- ☐ 4 large tomato thin

☐ 0.5 tablespoon citrus champagne vinegar

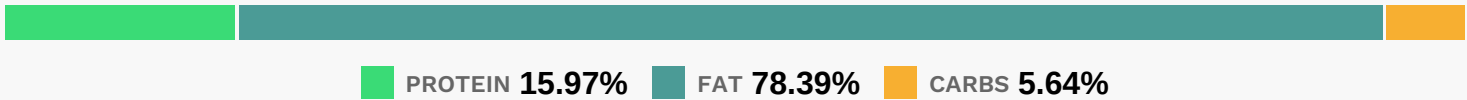
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook bacon in heavy large skillet over medium-high heat until brown and crisp; transfer to paper towels to drain.
- ☐ Wipe out skillet.
- ☐ Brush cut sides of bread with 1 tablespoon oil.
- ☐ Place bread, cut sides down, in skillet. Cook over medium heat until golden, about 3 minutes.
- ☐ Place 1 bread square, golden side up, on each of 2 plates. Top each with half of bacon, then 2 tomato slices.
- ☐ Whisk 1 tablespoon oil, shallot, and vinegar in medium bowl to blend. Season dressing with salt and pepper.
- ☐ Add arugula and toss to coat.
- ☐ Heat remaining 1 tablespoon oil in same skillet over medium heat. Crack eggs into skillet.
- ☐ Sprinkle with salt and pepper. Cook until whites are set and yolks are cooked as desired. Top each bread stack with egg, then arugula and cheese.

Nutrition Facts



Properties

Glycemic Index:92.83, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:18.449565182561%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 639.94kcal (32%), Fat: 55.75g (85.77%), Saturated Fat: 16.76g (104.75%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.61g (2.77%), Sugar: 3.33g (3.69%), Cholesterol: 242.7mg (80.9%), Sodium: 947.35mg (41.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.11%), Selenium: 34.8µg (49.71%), Phosphorus: 418.91mg (41.89%), Calcium: 418.76mg (41.88%), Vitamin E: 4.2mg (28.01%), Vitamin K: 28.82µg (27.44%), Vitamin A: 1212.37IU (24.25%), Vitamin B2: 0.41mg (23.93%), Vitamin B12: 1.08µg (18%), Vitamin B6: 0.36mg (17.89%), Zinc: 2.36mg (15.75%), Vitamin B1: 0.24mg (15.75%), Vitamin B3: 2.99mg (14.96%), Vitamin B5: 1.38mg (13.77%), Folate: 51.97µg (12.99%), Potassium: 420.97mg (12.03%), Vitamin C: 9.93mg (12.03%), Iron: 2.11mg (11.7%), Manganese: 0.22mg (10.92%), Magnesium: 41.3mg (10.32%), Vitamin D: 1.37µg (9.13%), Copper: 0.13mg (6.35%), Fiber: 1.41g (5.64%)