



Open-Face Ham-and-Egg Sandwich

READY IN



39 min.

SERVINGS



4

CALORIES



393 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 5 oz arugula washed
- ☐ 2 tablespoons balsamic vinaigrette
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon butter melted
- ☐ 4 slices top italian (1/2-inch-thick)
- ☐ 4 large eggs
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.3 teaspoon freshly cracked pepper
- ☐ 4 slices sharp provolone cheese thin

- ☐ 0.3 teaspoon salt
- ☐ 0.5 lb ham smoked thin

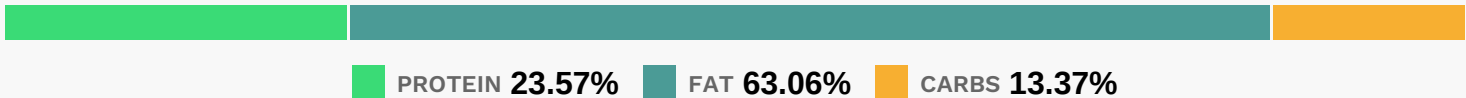
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Toss together first 3 ingredients in a medium bowl.
- ☐ Brush melted butter on 1 side of each bread slice.
- ☐ Place bread slices, buttered sides down, on an aluminum foil-lined baking sheet.
- ☐ Bake at 350 for 14 minutes, turning once after 8 minutes.
- ☐ Meanwhile, melt 1 Tbsp. butter in a large nonstick skillet over medium heat. Gently break eggs into hot skillet, and sprinkle with salt and pepper. Cook 2 to 3 minutes or until whites are almost set. Cover, remove from heat, and let stand 1 to 2 minutes or until whites are set and yolks are cooked to desired degree of doneness.
- ☐ Top each bread slice with 2 ham slices and 1 cheese slice. Broil 6 inches from heat 2 minutes or until cheese begins to melt.
- ☐ Top each sandwich with 1/3 to 1/2 cup arugula mixture and 1 fried egg.
- ☐ Note: For testing purposes only, we used Newman's Own Balsamic Vinaigrette and Boar's Head Black Forest Smoked Ham.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:14.39000011527%

Flavonoids

Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 392.9kcal (19.65%), Fat: 27.58g (42.43%), Saturated Fat: 13.23g (82.67%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 11.85g (4.31%), Sugar: 7.51g (8.35%), Cholesterol: 241.38mg (80.46%), Sodium: 1239.12mg (53.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.4%), Vitamin K: 41.96µg (39.97%), Phosphorus: 353.33mg (35.33%), Vitamin A: 1480.11IU (29.6%), Selenium: 18.29µg (26.13%), Calcium: 237.97mg (23.8%), Vitamin B2: 0.34mg (20.06%), Folate: 72.94µg (18.24%), Zinc: 2.5mg (16.69%), Iron: 2.68mg (14.88%), Magnesium: 49.63mg (12.41%), Vitamin B12: 0.73µg (12.24%), Potassium: 426.18mg (12.18%), Copper: 0.21mg (10.38%), Vitamin B5: 1.02mg (10.22%), Manganese: 0.15mg (7.59%), Vitamin D: 1.1µg (7.3%), Vitamin C: 5.41mg (6.55%), Vitamin B6: 0.13mg (6.3%), Vitamin E: 0.89mg (5.93%), Vitamin B3: 1.08mg (5.42%), Fiber: 1.31g (5.23%), Vitamin B1: 0.07mg (4.52%)