



Open-Faced Breakfast Sandwich

READY IN



35 min.

SERVINGS



4

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 servings pepper black freshly ground
- 4 eggs
- 1 stalk rosemary fresh
- 8 sprigs thyme leaves fresh
- 1 clove garlic smashed
- 4 tablespoons grape jelly
- 0.3 pound cured and speck ham smoked dry thinly sliced
- 4 servings kosher salt
- 3 tablespoons maple syrup

- 0.8 cup olive oil
- 0.3 cup parmesan cheese shredded
- 4 slices bread white

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- wire rack
- pot

Directions

- Heat the oven to 400 degrees F.
- In a small saucepot over medium heat add the oil, rosemary, thyme sprigs, garlic, and a pinch of salt.
- Heat until the garlic begins to brown and thyme is crisp. Strain the oil and remove the thyme to a paper towel-lined plate. Discard the rosemary and garlic, but reserve the oil.
- Brush one side of each piece of bread with the oil and place them oiled-side up on a wire rack fitted inside a baking sheet with sides. On another wire rack place the strips of speck ham and brush the top of each with maple syrup.
- Bake in the oven until both the toast and ham are golden and crisp, about 10 minutes.
- Meanwhile make the eggs. In a nonstick saute pan over medium-high heat, add a few tablespoons of the reserved olive oil. Crack each egg over the pan and allow to fry until most of the whites are cooked, about 4 minutes.
- Sprinkle with salt and a grind or two of pepper, then lower the heat and cover until the top of the eggs are cooked, but the yolks are not, about 2 minutes more.
- Spread a tablespoon of grape jelly on the oiled side of each piece of bread. Top with a few strips of folded over ham, an egg and a few sprigs of the reserved fried thyme.
- Garnish with the shredded Parmesan cheese.

Nutrition Facts

PROTEIN 16.8% FAT 44.95% CARBS 38.25%

Properties

Glycemic Index:75.07, Glycemic Load:20.15, Inflammation Score:-9, Nutrition Score:13.584782641867%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 395.23kcal (19.76%), Fat: 19.62g (30.18%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 36.41g (13.24%), Sugar: 20.24g (22.49%), Cholesterol: 185.51mg (61.84%), Sodium: 820.46mg (35.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (33%), Selenium: 27.66µg (39.52%), Vitamin B2: 0.56mg (33%), Manganese: 0.58mg (29.06%), Phosphorus: 226.8mg (22.68%), Vitamin B1: 0.33mg (22.2%), Calcium: 184.62mg (18.46%), Iron: 2.46mg (13.65%), Folate: 53.13µg (13.28%), Vitamin B3: 2.57mg (12.85%), Vitamin E: 1.82mg (12.17%), Zinc: 1.78mg (11.89%), Vitamin B6: 0.23mg (11.63%), Vitamin B12: 0.65µg (10.8%), Vitamin B5: 0.99mg (9.86%), Vitamin A: 389.61IU (7.79%), Vitamin D: 1.11µg (7.4%), Potassium: 244.26mg (6.98%), Magnesium: 27.91mg (6.98%), Vitamin C: 5.25mg (6.36%), Copper: 0.12mg (6.19%), Vitamin K: 5.34µg (5.09%), Fiber: 1.15g (4.61%)