



Open-Faced Egg Sandwich

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 ounces country ham
- ☐ 4 large eggs
- ☐ 8 ounces crusty baguette french cut into four 3-inch-long pieces
- ☐ 2 cups salad leaves curly endive chopped
- ☐ 2 teaspoons mayonnaise reduced-fat
- ☐ 4 tablespoons olive oil divided
- ☐ 4 small plum tomatoes sliced in half lengthwise

- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 teaspoon coarse mustard

Equipment

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

Directions

- ☐ In a medium bowl, whisk together vinegar, mayonnaise, mustard, 2 tablespoons oil, and pepper until emulsified. Set aside.
- ☐ In a large cast-iron skillet, heat 1 tablespoon oil over medium-high heat until it begins to shimmer. Cook ham until lightly golden brown (about 1 minute per side).
- ☐ Remove to a plate lined with paper towels. Reserve oil in skillet. Cook the tomatoes until lightly golden brown and just warmed through (about 30 seconds per side). Using paper towel, wipe out skillet and reserve it.
- ☐ Heat a grill pan over high heat. Grill the bread cut side down until lightly golden brown (about 30 seconds). Turn over and grill for 20 seconds longer.
- ☐ Transfer bread to plates.
- ☐ While bread toasts, heat reserved skillet over medium heat and add 1 tablespoon oil. Carefully crack the eggs into the pan, season with pepper, and cook until the whites are completely firm (about 2 minutes). Carefully flip eggs over and cook 30 seconds longer.
- ☐ To serve, divide ham (1/2 slice per sandwich) and tomatoes among bread slices.
- ☐ Add frise to reserved dressing and toss to coat. Top each sandwich with fried egg and frise salad.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN 15.35%  FAT 52.38%  CARBS 32.27%

Properties

Glycemic Index:17.38, Glycemic Load:7.75, Inflammation Score:-6, Nutrition Score:8.5826086997986%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 156.56kcal (7.83%), Fat: 9.11g (14.02%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 11.42g (4.15%), Sugar: 1.9g (2.11%), Cholesterol: 77.16mg (25.72%), Sodium: 237.13mg (10.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin K: 36.35µg (34.62%), Vitamin A: 887.47IU (17.75%), Selenium: 11.23µg (16.04%), Folate: 48.59µg (12.15%), Vitamin B1: 0.18mg (12.12%), Vitamin B2: 0.19mg (11.1%), Vitamin E: 1.48mg (9.85%), Manganese: 0.19mg (9.59%), Phosphorus: 81.76mg (8.18%), Iron: 1.38mg (7.66%), Vitamin B3: 1.44mg (7.18%), Vitamin C: 5.81mg (7.04%), Vitamin B5: 0.55mg (5.52%), Vitamin B6: 0.1mg (5.23%), Potassium: 170.96mg (4.88%), Calcium: 48.52mg (4.85%), Fiber: 1.21g (4.83%), Copper: 0.09mg (4.54%), Zinc: 0.62mg (4.17%), Magnesium: 15.23mg (3.81%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.43µg (2.87%)