



Open Faced Egg Sandwiches with Arugula Salad

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 cups arugula
- 1 pinch pepper black freshly ground
- 4 of crusty bread
- 4 eggs
- 1 clove garlic minced
- 0.5 teaspoon juice of lemon fresh
- 0.3 cup mayonnaise

2 teaspoons olive oil

1 pinch salt

Equipment

bowl

frying pan

Directions

Mix garlic and mayonnaise together in a small bowl.

Spread mayonnaise on 1 side of the bread slices.

Mix arugula with olive oil, lemon juice, salt, and black pepper in a bowl until coated; divide arugula in fourths, placing each portion atop mayonnaise side of a bread slice.

Spray a skillet with cooking spray, place over medium-high heat, and crack eggs into skillet, one at a time. Cook on one side only until whites are firm and yolks are slightly runny, 2 to 3 minutes. Season eggs with salt and black pepper. Gently place an egg on each open-face sandwich.

Nutrition Facts

PROTEIN 13.44% **FAT 83.06%** **CARBS 3.5%**

Properties

Glycemic Index:56.13, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:6.9234782457352%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 182.34kcal (9.12%), Fat: 16.75g (25.77%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.52g (0.57%), Cholesterol: 169.56mg (56.52%), Sodium: 169.97mg (7.39%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Vitamin K: 35.12µg (33.44%), Selenium: 14.25µg (20.36%), Vitamin B2: 0.22mg (12.8%), Phosphorus: 97.55mg (9.75%), Vitamin A: 484.24IU (9.68%), Vitamin E: 1.26mg (8.37%), Folate: 32.46µg (8.12%), Vitamin B5: 0.75mg (7.51%), Vitamin B12: 0.41µg (6.81%), Vitamin D: 0.91µg (6.05%), Iron: 1.01mg (5.62%), Vitamin B6: 0.09mg (4.7%), Calcium: 43.81mg (4.38%), Zinc: 0.66mg (4.37%), Manganese: 0.07mg (3.32%), Potassium: 105.6mg (3.02%), Magnesium: 10.71mg (2.68%), Vitamin C: 1.98mg (2.39%), Copper: 0.05mg (2.31%), Vitamin B1: 0.03mg (2.15%)