



Open-Faced Fried Egg BLT Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 applewood-smoked bacon crumbled cooked
- ☐ 1 cup baby arugula packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 large eggs
- ☐ 4 ounce flour toasted
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 1 medium tomatoes cut into 4 slices

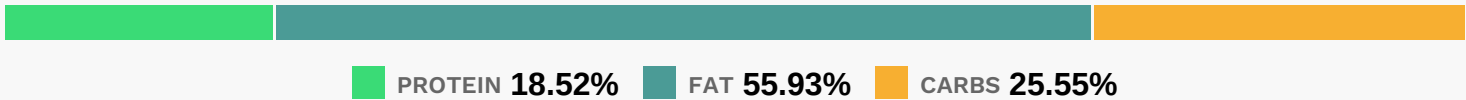
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add oil to pan; swirl to coat. Crack eggs into pan; cook 2 minutes. Cover and cook an additional 2 minutes or until whites are set.
- ☐ Remove pan from heat.
- ☐ Arrange 1/4 cup packed arugula on each bread slice. Top each bread slice with 1 tomato slice and 1 egg; sprinkle evenly with salt and pepper.
- ☐ Sprinkle bacon evenly over eggs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:6.07, Inflammation Score:-4, Nutrition Score:8.0013043776802%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 258.84kcal (12.94%), Fat: 16.08g (24.73%), Saturated Fat: 4.64g (29.02%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 15.54g (5.65%), Sugar: 1.59g (1.77%), Cholesterol: 200.52mg (66.84%), Sodium: 529.06mg (23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.95%), Selenium: 19.79µg (28.28%), Vitamin B2: 0.26mg (15.1%), Phosphorus: 140.86mg (14.09%), Vitamin A: 653.62IU (13.07%), Vitamin B5: 0.94mg (9.4%), Vitamin B12: 0.56µg (9.25%), Vitamin B6: 0.17mg (8.61%), Vitamin K: 8.84µg (8.42%), Folate: 32.98µg (8.25%), Vitamin D: 1.09µg (7.25%), Zinc: 0.98mg (6.55%), Vitamin E: 0.95mg (6.35%), Iron: 1.14mg (6.33%), Vitamin B1: 0.09mg (6.3%), Vitamin C: 4.96mg (6.02%), Potassium: 205.59mg (5.87%), Vitamin B3: 1.12mg (5.61%), Manganese: 0.08mg (4.19%), Calcium: 40.83mg (4.08%), Fiber: 0.98g (3.91%), Magnesium: 14.59mg (3.65%), Copper: 0.07mg (3.45%)