



Open-Faced Sandwiches with Mushrooms and Fried Eggs

READY IN



25 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 inch beefsteak tomatoes
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 8 ounce crimini mushrooms
- ☐ 2 tablespoons wine dry white
- ☐ 4 large eggs
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 ounce bread

- ☐ 4 teaspoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup parmesan fresh grated
- ☐ 8 teaspoons basil pesto refrigerated
- ☐ 1 cup shallots divided thinly sliced

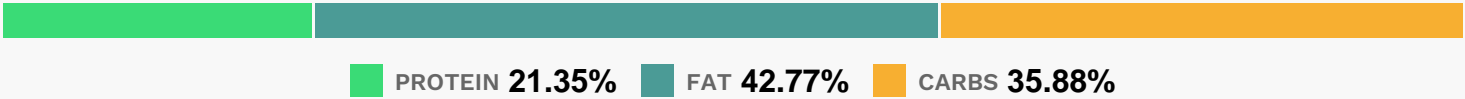
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add 2/3 cup shallots; cook 3 minutes.
- ☐ Add mushrooms; cook 4 minutes or until tender, stirring occasionally.
- ☐ Add wine, 1/4 teaspoon pepper, and salt; bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes or until liquid almost evaporates, stirring occasionally.
- ☐ Remove mushroom mixture from pan; keep warm.
- ☐ Return pan to medium heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add remaining 1/3 cup shallots; saut 5 minutes or until lightly browned.
- ☐ Remove shallots from pan; keep warm.
- ☐ Preheat broiler to high.
- ☐ Spread 2 teaspoons pesto over one side of each bread slice. Top each slice with about 2 tablespoons cheese. Broil 2 minutes or until cheese melts; keep warm.
- ☐ Return pan to medium heat.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat. Crack eggs into pan, and cook 4 minutes or until whites are set.
- ☐ Top each bread slice with 2 tomato slices. Divide mushroom mixture evenly among bread slices, and top each serving with 1 egg.
- ☐ Sprinkle with remaining 1/4 teaspoon pepper, shallots, and basil.

Nutrition Facts



Properties

Glycemic Index:70.42, Glycemic Load:13.6, Inflammation Score:-7, Nutrition Score:22.138260737709%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 364.98kcal (18.25%), Fat: 17.33g (26.66%), Saturated Fat: 5.14g (32.14%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 27.66g (10.06%), Sugar: 8.22g (9.14%), Cholesterol: 195.3mg (65.1%), Sodium: 712.58mg (30.98%), Alcohol: 0.77g (100%), Alcohol %: 0.4% (100%), Protein: 19.47g (38.93%), Selenium: 44.61µg (63.73%), Manganese: 1.24mg (61.87%), Phosphorus: 382.32mg (38.23%), Vitamin B2: 0.63mg (37.25%), Calcium: 298.2mg (29.82%), Copper: 0.48mg (24.1%), Vitamin B6: 0.46mg (23.12%), Vitamin B5: 2.15mg (21.48%), Vitamin B3: 4.26mg (21.3%), Fiber: 5.05g (20.19%), Folate: 77.85µg (19.46%), Vitamin B1: 0.28mg (18.81%), Potassium: 654.53mg (18.7%), Iron: 3.18mg (17.67%), Zinc: 2.62mg (17.49%), Magnesium: 64.05mg (16.01%), Vitamin A: 663.94IU (13.28%), Vitamin K: 13.33µg (12.69%), Vitamin B12: 0.65µg (10.86%), Vitamin E: 1.41mg (9.39%), Vitamin D: 1.12µg (7.46%), Vitamin C: 5.18mg (6.27%)