



Open-Faced Sandwiches with Ricotta, Arugula, and Fried Egg

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 8 ounce country bread whole-wheat
- ☐ 4 large eggs
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 1 ounce parmigiano-reggiano cheese fresh grated

- ☐ 0.8 cup part-skim ricotta cheese
- ☐ 0.5 teaspoon salt divided

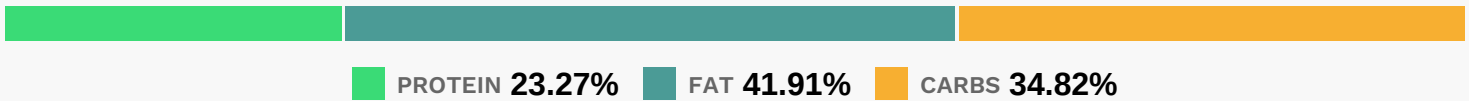
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Coat both sides of bread with cooking spray. Broil 2 minutes on each side or until lightly toasted.
- ☐ Combine arugula, 2 teaspoons oil, juice, 1/8 teaspoon salt, and 1/4 teaspoon pepper; toss gently.
- ☐ Heat remaining 1 teaspoon oil in a large nonstick skillet over medium heat. Crack eggs into pan; cook 2 minutes. Cover and cook an additional 2 minutes or until whites are set.
- ☐ Remove from heat.
- ☐ Combine 1/4 teaspoon salt, ricotta, Parmigiano-Reggiano, and thyme; spread over bread slices. Divide salad and eggs evenly over bread.
- ☐ Sprinkle with remaining 1/8 teaspoon salt and remaining 1/4 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:14.65, Inflammation Score:-8, Nutrition Score:17.461304312167%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 353.79kcal (17.69%), Fat: 16.42g (25.26%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 28.12g (10.23%), Sugar: 3.89g (4.32%), Cholesterol: 205.23mg (68.41%), Sodium: 804.42mg (34.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.03%), Selenium: 41.08µg (58.69%), Manganese: 0.77mg (38.47%), Calcium: 328.73mg (32.87%), Phosphorus: 312.7mg (31.27%), Vitamin B2: 0.49mg (28.98%), Folate: 88.58µg (22.14%), Iron: 3.46mg (19.22%), Vitamin B1: 0.27mg (18.06%), Vitamin B3: 3.31mg (16.53%), Vitamin K: 16.79µg (15.99%), Vitamin A: 767.58IU (15.35%), Vitamin B5: 1.43mg (14.28%), Zinc: 2.11mg (14.09%), Magnesium: 45.39mg (11.35%), Vitamin B12: 0.66µg (11.08%), Fiber: 2.57g (10.27%), Vitamin B6: 0.17mg (8.72%), Vitamin E: 1.23mg (8.22%), Copper: 0.15mg (7.61%), Potassium: 258.88mg (7.4%), Vitamin D: 1.08µg (7.21%), Vitamin C: 3.14mg (3.81%)