



Over-Easy BLT

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon
- 15 servings pepper black freshly ground
- 2 slices country bread white toasted
- 1 eggs
- 1 Tbsp basil fresh thinly sliced
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 2 slices tomatoes

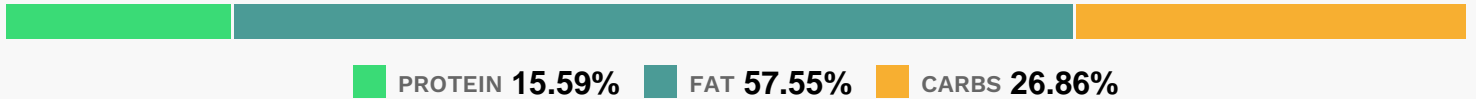
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in nonstick skillet until crisp; remove from skillet, reserving 1 tsp. drippings in skillet.
- Drain bacon on paper towels.
- Add egg to reserved drippings; cook 2 min. or until whites are completely set and yolks are cooked to desired doneness, turning after 1 min.
- Sprinkle with pepper.
- Spread 1 toast slice with mayo; sprinkle with basil. Top with tomatoes, bacon, egg and second toast slice.

Nutrition Facts



Properties

Glycemic Index:14.32, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:1.0447825990293%

Nutrients (% of daily need)

Calories: 28.02kcal (1.4%), Fat: 1.78g (2.73%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.23g (0.25%), Cholesterol: 13mg (4.33%), Sodium: 47.25mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Selenium: 2.29µg (3.28%), Vitamin K: 2.43µg (2.32%), Manganese: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.77%), Phosphorus: 14.36mg (1.44%), Vitamin B2: 0.02mg (1.43%), Vitamin B3: 0.28mg (1.42%), Folate: 5.44µg (1.36%), Iron: 0.2mg (1.11%), Calcium: 10.08mg (1.01%)