



Over Easy BLT

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby arugula
- ☐ 4 slices bacon
- ☐ 1 tablespoon chili sauce
- ☐ 2 large eggs
- ☐ 0.3 cup mayonnaise
- ☐ 4 slices cocktail rye bread lightly toasted
- ☐ 2 servings salt and pepper black to taste
- ☐ 2 slices tomatoes ripe

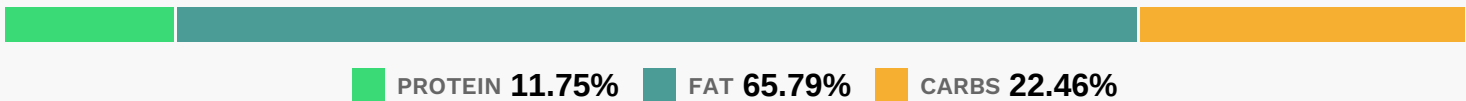
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook the bacon over medium heat in a nonstick skillet until golden brown and crisp, about 5 minutes on the first side and 2 minutes on the second side.
- ☐ Drain on a paper towel.
- ☐ Slide eggs into the skillet (with drippings) and fry until the white is set but the yolk is still soft, about 2 minutes. Carefully turn eggs over; cook 1 minute longer. Season with salt and pepper.
- ☐ Remove from heat.
- ☐ Stir mayonnaise and chili sauce together.
- ☐ Spread the mixture on each slice of toast.
- ☐ Lay 2 slices of bacon over the mayonnaise on 2 slices of toast. Top each with a tomato slice, a fried egg, and the arugula. Cover with a second slice of toast.
- ☐ Cut in half and serve immediately.
- ☐ Per serving: 470 calories, 29g carbohydrates, 17g protein, 31g fat, 240mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:86.17, Glycemic Load:14.66, Inflammation Score:-7, Nutrition Score:20.310000004976%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 625.4kcal (31.27%), Fat: 45.42g (69.87%), Saturated Fat: 11.11g (69.45%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 30.52g (11.1%), Sugar: 4.72g (5.25%), Cholesterol: 226.8mg (75.6%), Sodium: 1224.34mg (53.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.49%), Selenium: 44.73µg (63.9%), Vitamin K: 59.98µg (57.12%), Manganese: 0.61mg (30.58%), Vitamin B2: 0.5mg (29.58%), Vitamin B1: 0.44mg (29.54%), Folate: 109.72µg (27.43%), Phosphorus: 263.82mg (26.38%), Vitamin B3: 4.55mg (22.75%), Iron: 3.21mg (17.81%), Fiber: 4.38g (17.5%), Vitamin A: 822.17IU (16.44%), Vitamin B6: 0.29mg (14.66%), Vitamin E: 2.18mg (14.51%), Vitamin B5: 1.41mg (14.08%), Zinc: 2.04mg (13.61%), Vitamin B12: 0.7µg (11.64%), Magnesium: 45.74mg (11.43%), Potassium: 396.64mg (11.33%), Copper: 0.21mg (10.61%), Calcium: 99.48mg (9.95%), Vitamin D: 1.23µg (8.21%), Vitamin C: 6.66mg (8.07%)