



Pesto and Prosciutto Poached Egg Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 large pasteurized eggs
- ☐ 4 multigrain muffins english lightly toasted
- ☐ 4 teaspoons commercial pesto
- ☐ 1 ounce pancetta very thin
- ☐ 4 teaspoons water

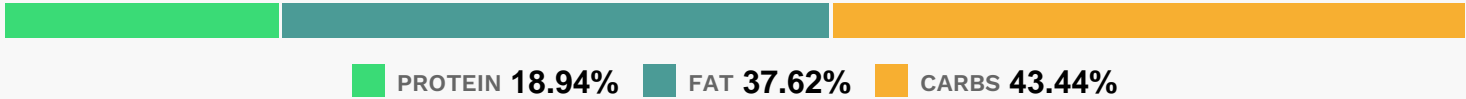
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer. Break eggs into each of 4 (8-ounce) custard cups coated with cooking spray.
- ☐ Place custard cups in simmering water in pan. Cover pan; cook 4 minutes or until yolk is just set or until desired degree of doneness.
- ☐ Remove custard cups from water.
- ☐ Combine pesto and 4 teaspoons water.
- ☐ Spread 1 teaspoon pesto mixture on cut side of each of 4 English muffin halves. Divide prosciutto evenly among 4 English muffin halves.
- ☐ Run a small rubber spatula around outside edge of each custard cup; slide 1 egg onto each muffin half.
- ☐ Sprinkle eggs evenly with pepper, and drizzle each egg with 1 teaspoon remaining pesto mixture. Top with remaining muffin halves, cut side down.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:18.53, Inflammation Score:-2, Nutrition Score:8.1634782361596%

Nutrients (% of daily need)

Calories: 254.67kcal (12.73%), Fat: 10.45g (16.07%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 25.5g (9.27%), Sugar: 0.35g (0.38%), Cholesterol: 191.08mg (63.69%), Sodium: 429.42mg (18.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.67%), Selenium: 16.78µg (23.97%), Vitamin B2: 0.32mg (18.96%), Phosphorus: 185.21mg (18.52%), Manganese: 0.23mg (11.71%), Folate: 44.61µg (11.15%), Vitamin B5: 1.06mg (10.62%), Vitamin B1: 0.14mg (9.52%), Vitamin B12: 0.5µg (8.39%), Iron: 1.45mg (8.07%), Zinc: 1.13mg (7.53%), Vitamin A: 374.11IU (7.48%), Vitamin D: 1.03µg (6.86%), Calcium: 66.75mg (6.67%), Fiber: 1.65g (6.6%), Vitamin B6: 0.13mg (6.44%), Vitamin B3: 1.22mg (6.08%), Copper: 0.12mg (5.75%), Magnesium: 19.08mg (4.77%), Potassium: 159.36mg (4.55%), Vitamin E: 0.56mg (3.71%)