



Poached Egg Crostone with Wilted Spinach and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



803 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 10 ounce baby spinach fresh
- ☐ 8 slices bacon thick
- ☐ 4 large eggs
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves crushed peeled
- ☐ 1 cup olive oil
- ☐ 4 servings parmesan cheese shavings
- ☐ 1 teaspoon pepper dried red crushed

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 16 ounce country sourdough bread white oval-shaped
- ☐ 1 tablespoon distilled vinegar white

Equipment

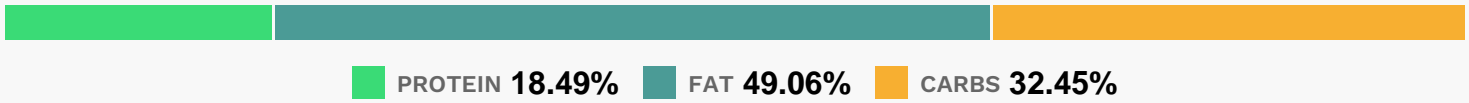
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ slotted spoon
- ☐ serrated knife

Directions

- ☐ Preheat oven to 425°F.
- ☐ Combine 1 cup olive oil and next 3 ingredients in small saucepan. Cook over medium-high heat 2 minutes to release flavors.
- ☐ Remove from heat. Season mixture with salt and pepper.
- ☐ Using large serrated knife, trim off crust from top and sides of bread, leaving bottom crust intact to form rectangle-shaped loaf. Quarter trimmed loaf crosswise, forming 4 thick rectangular pieces.
- ☐ Cut deep nest in 1 piece, leaving 1/2-inch border on all 4 sides and 3/4-inch-thick base. Pull out bread center. Repeat with remaining bread pieces; reserve centers for another use.
- ☐ Place hollowed-out bread pieces on small baking sheet.
- ☐ Brush bread all over with olive oil mixture.
- ☐ Bake until bread is golden brown, about 7 minutes. Cool bread; maintain oven temperature.
- ☐ Cook bacon in large skillet until crisp.
- ☐ Transfer to paper towels to drain.

- ☐ Heat remaining 2 tablespoons olive oil in large pot over medium heat.
- ☐ Add shallot and sauté 2 minutes.
- ☐ Add spinach and stir until just wilted. Fill 12-inch-diameter skillet with water to within 1/2 inch of top.
- ☐ Add vinegar and 1/2 teaspoon salt. Bring to boil over medium-high heat. Break 1 egg into small custard cup, being careful to keep yolk intact. Gently slide egg into boiling water; repeat with remaining eggs. Simmer until eggs are softly cooked, about 3 minutes.
- ☐ Meanwhile, fill each bread hollow with spinach; top with bacon, breaking bacon slices in half to fit.
- ☐ Place in oven until heated through, about 5 minutes.
- ☐ Place 1 bread on each of 4 plates. Using slotted spoon, place 1 poached egg atop each.
- ☐ Sprinkle with salt and pepper.
- ☐ Top with Parmesan; serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.63, Glycemic Load:46.38, Inflammation Score:-10, Nutrition Score:43.122608765312%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 802.53kcal (40.13%), Fat: 43.9g (67.54%), Saturated Fat: 14.5g (90.6%), Carbohydrates: 65.33g (21.78%), Net Carbohydrates: 60.67g (22.06%), Sugar: 6.41g (7.12%), Cholesterol: 235.44mg (78.48%), Sodium: 1881.72mg (81.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.47%), Vitamin K: 350.87µg (334.16%), Vitamin A: 7398.14IU (147.96%), Selenium: 64.48µg (92.11%), Folate: 305.25µg (76.31%), Vitamin B1: 1.02mg (68.11%), Manganese: 1.34mg (66.8%), Vitamin B2: 1mg (58.68%), Phosphorus: 533.17mg (53.32%), Calcium: 528.36mg (52.84%), Iron: 8.2mg (45.54%), Vitamin B3: 7.98mg (39.89%), Magnesium: 121.78mg (30.44%), Vitamin C: 23.59mg (28.59%), Vitamin E: 4.21mg (28.04%), Vitamin B6: 0.54mg (27.06%), Zinc: 3.64mg (24.24%), Potassium: 755.24mg (21.58%), Fiber: 4.66g (18.66%), Copper: 0.35mg (17.63%), Vitamin B12: 1.02µg (17.08%), Vitamin B5: 1.61mg

(16.06%), Vitamin D: 1.33µg (8.84%)