



Prosciutto and Poached Egg Sandwiches with Mustard-Wine Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



934 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 tablespoons butter at room temperature
- 8 oz egg bread loaf – crusts thick
- 2 tablespoons dijon mustard
- 0.5 cup cooking wine dry white
- 8 large eggs
- 4 ounces gruyère cheese thinly sliced
- 4 ounces pancetta thinly sliced
- 2 qts salad mix rinsed

- 4 servings salt and pepper
- 0.3 cup shallots minced
- 1 cup whipping cream

Equipment

- bowl
- frying pan
- ladle
- oven
- whisk
- microwave
- slotted spoon

Directions

- In a small bowl, with a fork, blend butter and 1 tablespoon mustard.
- Combine wine and shallots in a 1 1/2- to 2-quart pan; stir often over medium-high heat until liquid is almost evaporated, 5 to 6 minutes.
- Whisk in cream and remaining 1 tablespoon mustard. Simmer, stirring often, until sauce is reduced to 1 cup and is thick enough to coat spoon in a velvety layer, 8 to 10 minutes.
- Add salt and pepper to taste.
- Meanwhile, in a 5- to 6-quart pan over high heat, bring 4 inches of water to a boil. With a slotted spoon, immerse each whole egg in water for 10 seconds. Lift out.
- Pour out all but 1 inch water; reduce heat so bubbles on pan bottom pop to the surface only occasionally.
- Spread 1 1/2 teaspoons mustard butter on one side of each slice of bread.
- Lay, buttered side down, on a griddle or in two 10- to 12-inch frying pans over medium-high heat; spread remaining butter mixture over tops of slices. When bottoms are lightly browned, in about 3 minutes, turn slices over. Top equally with cheese. Reduce heat to medium.
- One at a time, crack eggs and, holding close to surface of water, break open and let egg slide in. Cook to desired doneness (poke with a spoon to check), 4 minutes for soft yolks.

- When cheese on sandwiches begins to melt, in 2 to 3 minutes, top with prosciutto; cook until warm, about 2 minutes.
- Mound salad mix on plates.
- Transfer a sandwich to each mound. With a slotted spoon, lift poached eggs from water and set two on each sandwich. Ladle mustard-wine sauce over eggs.
- Serve immediately, adding more salt and pepper to taste.
- Notes: The mustard butter and mustard-wine sauce (steps 1 and
- can be made up to 1 day ahead; cover each and chill. Warm sauce over low heat or reheat in a microwave oven at full power (100%), stirring occasionally, to use.
- Garnish sandwiches with fresh chive spears.

Nutrition Facts

PROTEIN 16.63% **FAT 62.18%** **CARBS 21.19%**

Properties

Glycemic Index:19.25, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:42.65782586388%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 934.35kcal (46.72%), Fat: 63.85g (98.23%), Saturated Fat: 28.67g (179.16%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 46.87g (17.04%), Sugar: 4.78g (5.31%), Cholesterol: 518.05mg (172.68%), Sodium: 1265.22mg (55.01%), Alcohol: 3.09g (100%), Alcohol %: 0.48% (100%), Protein: 38.42g (76.84%), Vitamin A: 7570.31IU (151.41%), Vitamin C: 111.37mg (134.99%), Selenium: 64.01µg (91.44%), Folate: 292.78µg (73.2%), Phosphorus: 714.27mg (71.43%), Vitamin B2: 1.17mg (68.88%), Manganese: 1.13mg (56.28%), Calcium: 513.43mg (51.34%), Iron: 7.06mg (39.21%), Vitamin B6: 0.78mg (38.81%), Vitamin B1: 0.56mg (37.54%), Potassium: 1239.08mg (35.4%), Vitamin B3: 6.74mg (33.71%), Zinc: 4.46mg (29.72%), Vitamin B5: 2.82mg (28.17%), Vitamin B12: 1.65µg (27.46%), Magnesium: 102.62mg (25.66%), Vitamin D: 3.46µg (23.08%), Copper: 0.45mg (22.39%), Vitamin E: 2.3mg (15.36%), Fiber: 2.1g (8.4%), Vitamin K: 3.83µg (3.65%)