



Prosciutto, Fried Egg, and Parmesan on Country Bread

READY IN



45 min.

SERVINGS



2

CALORIES



397 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 fillet anchovy salted finely chopped
- ☐ 1 handful baby spinach fresh
- ☐ 2 eggs organic (preferably)
- ☐ 1 garlic clove peeled thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 slices parmesan thin
- ☐ 2 slices pancetta thin
- ☐ 2 servings salt and pepper black freshly ground to taste

- ☐ 2 tablespoons butter unsalted
- ☐ 2 slices tuscan

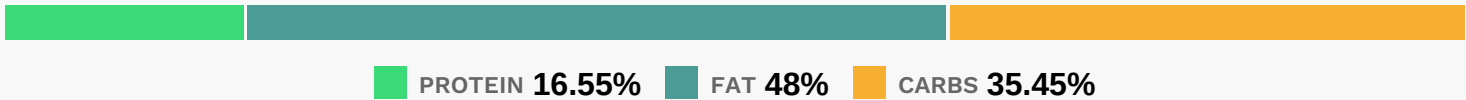
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler, with the tray set at the lowest position. Broil the bread on one side until toasted, 1 to 2 minutes.
- ☐ Remove and divide the cheese and prosciutto evenly on the untoasted sides. Return to broiler and cook, open-faced, until the prosciutto is crispy and the cheese has begun to melt, about 1 minute. Turn off broiler, leaving the sandwiches inside to stay warm. In a frying pan, melt 1 tablespoon of the butter, then fry the eggs to the desired doneness.
- ☐ Remove the sandwiches and top each with an egg.
- ☐ Add the remaining butter to the pan and sauté the anchovies and garlic over medium-high heat, stirring constantly, until the garlic begins to soften.
- ☐ Add the spinach and cook until it wilts, then add the lemon juice, salt, and pepper. Spoon over the sandwiches and serve.
- ☐ Suggestions for the kids
- ☐ Omit the anchovies, garlic, spinach, and lemon juice. Top with another slice of toast before serving. And if the prosciutto and Parmesan are too sharp, replace them with honey-baked ham and white cheddar.

Nutrition Facts



Properties

Glycemic Index:100.75, Glycemic Load:25.84, Inflammation Score:-9, Nutrition Score:20.46869549544%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 396.65kcal (19.83%), Fat: 21.25g (32.7%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 35.33g (11.78%), Net Carbohydrates: 33.51g (12.19%), Sugar: 3.41g (3.79%), Cholesterol: 205.22mg (68.41%), Sodium: 554.82mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.98%), Vitamin K: 74.24µg (70.71%), Selenium: 37.31µg (53.29%), Vitamin A: 2017.72IU (40.35%), Vitamin B1: 0.52mg (34.44%), Folate: 131.34µg (32.84%), Vitamin B2: 0.54mg (32%), Manganese: 0.53mg (26.42%), Vitamin B3: 4.7mg (23.5%), Iron: 4.03mg (22.4%), Phosphorus: 207.4mg (20.74%), Calcium: 115.58mg (11.56%), Vitamin B6: 0.23mg (11.49%), Magnesium: 44.01mg (11%), Zinc: 1.63mg (10.9%), Vitamin B5: 1.04mg (10.39%), Vitamin C: 7.59mg (9.19%), Copper: 0.18mg (8.93%), Vitamin B12: 0.53µg (8.82%), Vitamin E: 1.32mg (8.82%), Potassium: 286.05mg (8.17%), Vitamin D: 1.13µg (7.55%), Fiber: 1.82g (7.27%)