



Spicy Bacon and Egg

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chiles in adobo sauce
- ☐ 4 eggs
- ☐ 4 tablespoons mayonnaise
- ☐ 2 cups napa cabbage shredded divided
- ☐ 2 tablespoons olive oil divided
- ☐ 4 slices pepper jack cheese with habaneros reduced-fat
- ☐ 8 teaspoons all the tabasco sauce you handle divided
- ☐ 8 slices at least of turkey bacon

- ☐ 2 medium vine ripened tomato thinly sliced
- ☐ 8 slices frangelico

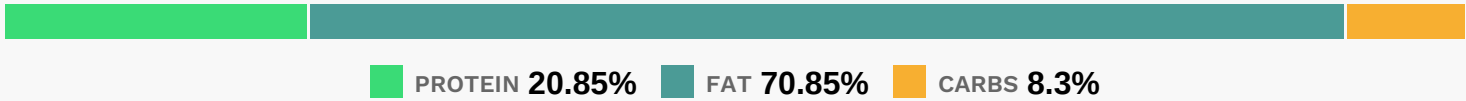
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ In a medium pan over high heat, heat 1 tablespoon oil. Cook two eggs until edges start to brown, 45 seconds. Break yolks; cook 15 seconds; flip.
- ☐ Season each egg with 2 teaspoons Tabasco and black pepper. Top each egg with 1 slice cheese; cook until cheese melts and egg edges are crispy, 40 seconds.
- ☐ Remove eggs from pan; set aside. Repeat with remaining oil and eggs.
- ☐ Cook bacon in batches, flipping once, until crispy, 2 minutes per side.
- ☐ Place bacon on a paper towel-lined plate. In a bowl, whisk together mayo and adobo; spread on toast slices.
- ☐ Divide bacon, cheesy eggs, tomato and cabbage among 4 toast slices; top with remaining slices.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:15.812608739604%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg,

Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 385.83kcal (19.29%), Fat: 30.58g (47.04%), Saturated Fat: 9.46g (59.12%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 6.72g (2.44%), Sugar: 3.2g (3.56%), Cholesterol: 212.05mg (70.68%), Sodium: 2705.82mg (117.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.49%), Selenium: 24.64µg (35.2%), Vitamin K: 36.42µg (34.69%), Phosphorus: 341.34mg (34.13%), Vitamin C: 25.19mg (30.54%), Calcium: 231.85mg (23.18%), Vitamin B2: 0.39mg (22.95%), Vitamin A: 1074.7IU (21.49%), Vitamin E: 2.75mg (18.33%), Folate: 68.07µg (17.02%), Vitamin B6: 0.33mg (16.56%), Zinc: 2.28mg (15.19%), Potassium: 457.29mg (13.07%), Iron: 2.18mg (12.12%), Vitamin B12: 0.67µg (11.11%), Magnesium: 33.53mg (8.38%), Vitamin B5: 0.83mg (8.3%), Vitamin B3: 1.62mg (8.11%), Manganese: 0.16mg (8.09%), Vitamin D: 1.12µg (7.45%), Copper: 0.14mg (6.9%), Vitamin B1: 0.08mg (5.54%), Fiber: 1.34g (5.34%)