



Stout and Cheddar Rarebit with Fried Eggs

READY IN



20 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices peasant bread thick (preferably sourdough)
- ☐ 2 teaspoon brown sugar packed
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 teaspoon mustard dry
- ☐ 8 large eggs
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 teaspoons granulated sugar
- ☐ 0.5 cup guinness extra stout (without foam)
- ☐ 0.5 tablespoon olive oil extra-virgin

- ☐ 1 small onion red thinly sliced
- ☐ 1.5 tablespoons butter unsalted
- ☐ 0.3 cup water
- ☐ 1 bunch watercress
- ☐ 0.5 pound cheddar white extra-sharp grated
- ☐ 0.5 teaspoon worcestershire sauce

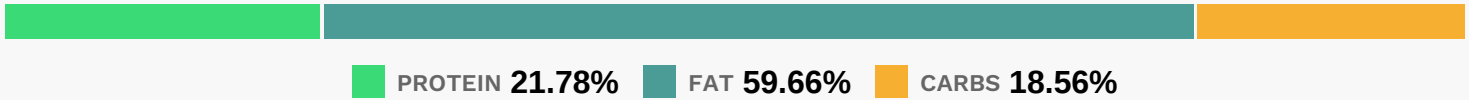
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring vinegar, granulated sugar, and 1/2 teaspoon salt to a simmer in a small saucepan. Stir in onion and transfer to a small bowl.
- ☐ Let stand, stirring occasionally.
- ☐ Melt butter in a small heavy saucepan over medium heat.
- ☐ Whisk in flour and dry mustard and cook, whisking, 2 minutes.
- ☐ Add beer, water, brown sugar, and Worcestershire sauce and simmer, whisking, until just thickened.
- ☐ Fry eggs and toast bread. Reheat sauce, then remove from heat and gradually whisk in cheese until smooth. Season with salt and pepper.
- ☐ Top each slice of toast with cheese sauce and 2 fried eggs. Toss watercress with oil, a pinch of salt, and drained pickled onions and arrange on top.

Nutrition Facts



Properties

Glycemic Index:82.44, Glycemic Load:11.13, Inflammation Score:-8, Nutrition Score:22.813912889232%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 557.54kcal (27.88%), Fat: 36.22g (55.73%), Saturated Fat: 17.17g (107.33%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 23.63g (8.59%), Sugar: 7.46g (8.29%), Cholesterol: 439.99mg (146.66%), Sodium: 661.93mg (28.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Selenium: 56.59µg (80.84%), Phosphorus: 514.02mg (51.4%), Calcium: 512.52mg (51.25%), Vitamin B2: 0.81mg (47.66%), Vitamin A: 1440.54IU (28.81%), Zinc: 3.77mg (25.12%), Vitamin B12: 1.5µg (25%), Manganese: 0.49mg (24.73%), Folate: 94.28µg (23.57%), Vitamin B5: 2.07mg (20.73%), Vitamin K: 20.22µg (19.26%), Iron: 3.18mg (17.66%), Vitamin D: 2.42µg (16.13%), Vitamin B1: 0.21mg (14.31%), Vitamin B6: 0.28mg (14.22%), Vitamin E: 1.99mg (13.23%), Magnesium: 45.97mg (11.49%), Vitamin B3: 1.9mg (9.51%), Potassium: 311.28mg (8.89%), Copper: 0.16mg (8.08%), Fiber: 1.73g (6.9%), Vitamin C: 4.89mg (5.93%)