

Eggs Chasseur

Winchester Country Inn - Ashland, OR

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

8 slices bacon, diced
1/2 onion, diced
1 clove garlic, diced
1/2 pound mushrooms, diced
6 tomatoes, peeled, seeded and diced
2 tablespoons dried tarragon
salt (to taste)
freshly ground pepper (to taste)
4 English muffins, split
8 eggs

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Saute' the bacon until the fat is rendered. Add the onion and garlic. Saute' until translucent.

Add the mushrooms. Saute' for 3 minutes. Add the tomatoes and tarragon. Simmer for 10 minutes. Adjust the seasoning.

Toast the halved English muffins. Poach the eggs.

Spoon the sauce over the toasted English muffins. Top with the poached eggs.

Per Serving (excluding unknown items): 421 Calories; 18g Fat (38.6% calories from fat); 24g Protein; 41g Carbohydrate; 5g Dietary Fiber; 435mg Cholesterol; 627mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	421	Vitamin B6 (mg):	.4mg
% Calories from Fat:	38.6%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	38.5%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	22.9%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	18g	Folacin (mcg):	143mcg
Saturated Fat (g):	6g	Niacin (mg):	7mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	435mg	% Refuse:	0 0%
Carbohydrate (g):	41g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1 1/2

Protein (g): 24g
Sodium (mg): 627mg
Potassium (mg): 981mg
Calcium (mg): 196mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 44mg
Vitamin A (i.u.): 1738IU
Vitamin A (r.e.): 264 1/2RE

Lean Meat: 2
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 421 Calories from Fat: 163

% Daily Values*

Total Fat	18g	28%
Saturated Fat	6g	28%
Cholesterol	435mg	145%
Sodium	627mg	26%
Total Carbohydrates	41g	14%
Dietary Fiber	5g	19%
Protein	24g	
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Vitamin A		35%
Vitamin C		73%
Calcium		20%
Iron		32%

* Percent Daily Values are based on a 2000 calorie diet.