

Anytime eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 potatoes cooked sliced
- ☐ 1 handful cherry tomatoes sliced
- ☐ 2 spring onion sliced
- ☐ 1 eggs
- ☐ 9 servings basil leaves

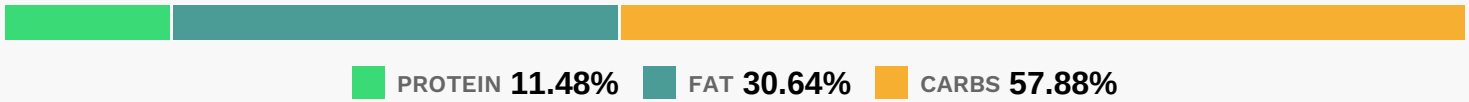
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a frying pan, then add the potato slices and fry on both sides until brown.
- ☐ Add the tomatoes and spring onions and fry for about 1 min until softened. Season with salt and pepper, then make a space in the pan. Gently break the egg into the space and fry until cooked to your liking. Scatter over the basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:185.75, Glycemic Load:54.98, Inflammation Score:-9, Nutrition Score:34.970434748608%

Flavonoids

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: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 539.93kcal (27%), Fat: 18.81g (28.94%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 79.96g (26.66%), Net Carbohydrates: 69.16g (25.15%), Sugar: 5.95g (6.62%), Cholesterol: 163.68mg (54.56%), Sodium: 101.07mg (4.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.73%), Vitamin K: 143.12µg (136.3%), Vitamin C: 108.66mg (131.71%), Vitamin B6: 1.43mg (71.64%), Potassium: 2136.07mg (61.03%), Manganese: 0.99mg (49.37%), Fiber: 10.81g (43.22%), Phosphorus: 369.76mg (36.98%), Vitamin A: 1799.2IU (35.98%), Copper: 0.64mg (31.84%), Magnesium: 126.29mg (31.57%), Folate: 126.13µg (31.53%), Iron: 5.6mg (31.13%), Vitamin B1: 0.4mg (26.97%), Vitamin B3: 5.21mg (26.04%), Vitamin B2: 0.39mg (22.75%), Selenium: 15.36µg (21.94%), Vitamin E: 3.21mg (21.43%), Vitamin B5: 2.09mg (20.87%), Zinc: 2.15mg (14.31%), Calcium: 133.24mg (13.32%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)