



Asparagus With Poached Eggs and Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bunches asparagus spears trimmed (40)
- 4 servings pepper black freshly ground to taste
- 8 large eggs
- 2 teaspoons parsley fresh finely chopped
- 1 garlic clove chopped
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 4 tablespoons coarsely parmesan cheese fresh divided grated

- 1 teaspoon salt divided
- 1 tablespoon butter unsalted
- 1 teaspoon vinegar white

Equipment

- bowl
- frying pan
- sauce pan
- pot
- kitchen towels
- slotted spoon
- tongs

Directions

- Break the eggs into 8 individual containers (such as teacups, prep bowls, or paper cups). Fill a large, low-sided pan with water, and add vinegar and 1/2 teaspoon salt; bring to a boil over medium-high heat.
- Meanwhile, bring a separate pot of water to a boil in a medium saucepan over medium-high heat.
- Add asparagus spears, and cook 34 minutes or until crisp-tender.
- Remove asparagus with tongs, and set aside.
- Dry the medium saucepan.
- Add olive oil, and heat over medium heat.
- Add garlic, and saut about 1 minute. Turn off heat; add butter, and swirl pan.
- Add lemon juice, parsley, remaining salt, and pepper; swirl pan again to combine.
- Add asparagus and 2 tablespoons Parmesan; then toss with lemon-butter sauce to coat.
- Slowly pour each egg into the boiling poaching water; cook 2 minutes. Turn off heat, and remove pan from burner. Divide asparagus among 4 plates. (Bring plates close to pan with poached eggs, and place a folded clean kitchen towel next to plates.)

- Remove the eggs from water with a slotted spoon, 1 at a time, blotting bottom of spoon on towel to absorb excess moisture.
- Place 2 eggs on each mound of asparagus.
- Pour any remaining sauce over each serving, and sprinkle with remaining 2 tablespoons Parmesan.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:27.714782631916%

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 Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 31.5mg, Quercetin: 31.5mg, Quercetin: 31.5mg, Quercetin: 31.5mg

Nutrients (% of daily need)

Calories: 266.9kcal (13.34%), Fat: 17.44g (26.82%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.84g (5.38%), Cholesterol: 382.92mg (127.64%), Sodium: 808.7mg (35.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.91%), Vitamin K: 97.33µg (92.7%), Selenium: 37.16µg (53.09%), Vitamin A: 2372.79IU (47.46%), Vitamin B2: 0.79mg (46.72%), Folate: 166.07µg (41.52%), Iron: 6.66mg (37.02%), Phosphorus: 352.52mg (35.25%), Vitamin E: 4.2mg (28.01%), Copper: 0.5mg (25.24%), Vitamin B1: 0.37mg (24.49%), Vitamin B5: 2.19mg (21.92%), Manganese: 0.41mg (20.66%), Vitamin B6: 0.39mg (19.62%), Vitamin C: 15.8mg (19.16%), Fiber: 4.79g (19.16%), Zinc: 2.66mg (17.74%), Potassium: 610.46mg (17.44%), Calcium: 172.83mg (17.28%), Vitamin B12: 0.96µg (15.93%), Vitamin D: 2.08µg (13.85%), Magnesium: 46.63mg (11.66%), Vitamin B3: 2.3mg (11.52%)