



Baked eggs brunch

READY IN



40 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 leek thinly sliced
- ☐ 2 onion thinly sliced
- ☐ 200 g baby spinach
- ☐ 1 handful breadcrumbs fresh
- ☐ 25 g parmesan finely grated (or vegetarian alternative)
- ☐ 4 sun-dried olives chopped
- ☐ 4 medium eggs

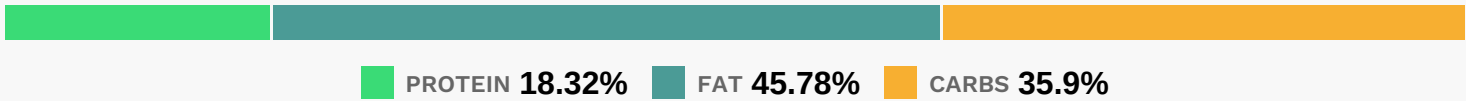
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat the oil in a pan and add the leeks, onions and seasoning. Cook for 15–20 mins until soft and beginning to caramelise.
- ☐ Meanwhile, put the spinach in a colander and pour over a kettle of boiling water. When cool enough to handle, squeeze out as much liquid as possible.
- ☐ Mix the breadcrumbs and cheese together.
- ☐ Arrange the leek and onion mixture between 4 ovenproof dishes, then scatter with the spinach and pieces of sundried tomato. Make a well in the middle of each dish and crack an egg in it. Season and sprinkle with cheese crumbs.
- ☐ Put the dishes on a baking tray and cook for 12–15 mins, until the whites are set and yolks are cooked to your liking.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:25.896956630375%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 4.74mg, Kaempferol: 4.74mg, Kaempferol: 4.74mg, Kaempferol: 4.74mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 13.19mg, Quercetin: 13.19mg, Quercetin: 13.19mg, Quercetin: 13.19mg

Nutrients (% of daily need)

Calories: 268.43kcal (13.42%), Fat: 13.96g (21.47%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 20.93g (7.61%), Sugar: 6.08g (6.75%), Cholesterol: 167.93mg (55.98%), Sodium: 314.3mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.13%), Vitamin K: 268.84µg (256.04%), Vitamin A: 5735.31IU (114.71%), Manganese: 0.91mg (45.4%), Folate: 172.85µg (43.21%), Vitamin C: 24.24mg (29.39%), Selenium: 19.65µg (28.07%), Vitamin B2: 0.41mg (24.04%), Iron: 4.1mg (22.77%), Phosphorus: 215.91mg (21.59%), Calcium: 214.02mg (21.4%), Vitamin E: 2.93mg (19.53%), Magnesium: 75.18mg (18.79%), Vitamin B6: 0.37mg (18.53%), Potassium: 601mg (17.17%), Vitamin B1: 0.25mg (16.81%), Fiber: 3.69g (14.76%), Copper: 0.24mg (11.82%), Vitamin B5: 0.98mg (9.82%), Zinc: 1.39mg (9.25%), Vitamin B3: 1.73mg (8.65%), Vitamin B12: 0.51µg (8.56%), Vitamin D: 0.91µg (6.07%)