



Baked Eggs en Cocotte with Basil

READY IN



25 min.

SERVINGS



25

CALORIES



50 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 cup basil chopped
- ☐ 8 large eggs
- ☐ 8 teaspoons olive oil extra-virgin
- ☐ 25 servings salt and pepper freshly ground
- ☐ 4 tablespoons butter unsalted
- ☐ 25 servings buttered whole wheat white toasted
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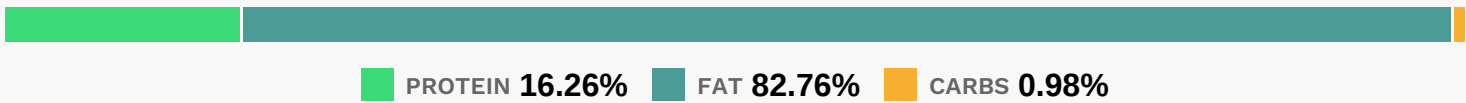
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 35
- ☐ Coat the bottoms and sides of eight 4-ounce ramekins with 1 teaspoon of olive oil each. Arrange the ramekins around the sides of a roasting pan and crack 1 egg into each one. Top each egg with 1/2 tablespoon of butter and season with salt and pepper.
- ☐ Pour enough boiling water into the roasting pan to reach halfway up the sides of the ramekins.
- ☐ Bake the eggs in the oven for about 15 minutes, turning the pan halfway through cooking, until the yolks are runny and the whites are just firm.
- ☐ Garnish the eggs with the chopped basil and serve right away with buttered toast.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7321739206495%

Nutrients (% of daily need)

Calories: 50.31kcal (2.52%), Fat: 4.62g (7.11%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 0.12g (0.04%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.06g (0.07%), Cholesterol: 64.34mg (21.45%), Sodium: 216.79mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Selenium: 4.94µg (7.05%), Vitamin B2: 0.07mg (4.36%), Phosphorus: 32.35mg (3.24%), Vitamin A: 155.04IU (3.1%), Vitamin E: 0.41mg (2.71%), Vitamin B5: 0.25mg (2.48%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.35µg (2.36%), Folate: 7.75µg (1.94%), Vitamin K: 1.97µg (1.88%), Iron: 0.3mg (1.65%), Zinc: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.38%), Calcium: 10.06mg (1.01%)