# Baked Eggs in Brioches

Vegetarian    Gluten Free    Low Fod Map

| READY IN | SERVINGS | CALORIES |
|----------|----------|----------|
| 45 min. | 6 | 125 kcal |

MORNING MEAL    BRUNCH    BREAKFAST    ANTIPASTI

## Ingredients

- [ ] 6 large eggs
- [ ] 1 tablespoon tarragon  fresh chopped
- [ ] 3 tablespoons butter  unsalted melted

## Equipment

- [ ] oven
- [ ] baking pan
- [ ] muffin tray

# Directions

- [ ] Preheat oven to 350°F.

- [ ] Cut off tops of brioches (about 1 inch) and scoop out insides of bottoms to make a shell, leaving 1/4 to 1/2 inch all around and being careful not to tear (cavity should be just big enough to fit a large egg).

- [ ] Brush insides and cut sides of tops with butter.

- [ ] Arrange brioche shells in a muffin tin and season with salt and pepper. Crack an egg into each brioche and sprinkle with herbs.

- [ ] Bake brioches in lower third of oven 15 minutes. Arrange brioche tops, cut sides up, in a shallow baking pan and put in upper third of oven.

- [ ] Bake both bottoms and tops until eggs are cooked to desired degree of doneness and brioche tops are golden brown, 10 to 20 minutes more.

- [ ] Serve each brioche with its top for dipping in egg.

- [ ] · Serving the eggs with runny—not fully cooked—yolks may be of concern if there is a problem with salmonella in your area.

# Nutrition Facts

**PROTEIN 21.21%**  **FAT 75.75%**  **CARBS 3.04%**
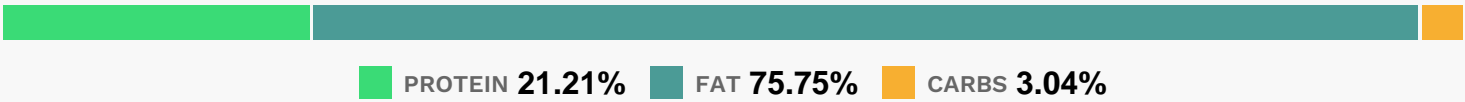
## Properties

Glycemic Index:11.67, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:5.6373913352904%

## Nutrients (% of daily need)

Calories: 125.13kcal (6.26%), Fat: 10.52g (16.18%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.19g (0.21%), Cholesterol: 201.05mg (67.02%), Sodium: 72.49mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.25%), Selenium: 15.47µg (22.1%), Vitamin B2: 0.25mg (14.5%), Phosphorus: 104.33mg (10.43%), Vitamin A: 493.93IU (9.88%), Vitamin B5: 0.77mg (7.74%), Vitamin B12: 0.46µg (7.62%), Vitamin D: 1.11µg (7.37%), Iron: 1.25mg (6.96%), Folate: 26.91µg (6.73%), Vitamin B6: 0.11mg (5.67%), Manganese: 0.11mg (5.36%), Zinc: 0.7mg (4.65%), Vitamin E: 0.69mg (4.58%), Calcium: 42.97mg (4.3%), Potassium: 105.91mg (3.03%), Magnesium: 10.19mg (2.55%), Copper: 0.05mg (2.25%), Vitamin B1: 0.02mg (1.55%)