



Baked Eggs in Tomato Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 clove garlic finely chopped
- ☐ 1 Dash salt and pepper
- ☐ 2 eggs
- ☐ 1 serving parmesan shaved

Equipment

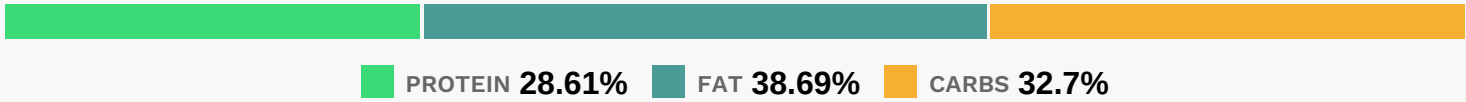
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Place 9-inch glass pie plate on cookie sheet with sides.
- ☐ In 2-quart saucepan, stir together tomatoes, oregano, garlic, salt and pepper. Cook over medium heat about 3 minutes, stirring occasionally, until thoroughly heated.
- ☐ Spoon tomato mixture into pie plate. Carefully break eggs, one at a time, into tomato mixture.
- ☐ Bake 20 to 25 minutes or until whites and yolks are firm, not runny. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:4.48, Inflammation Score:-7, Nutrition Score:16.683043438455%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 190.39kcal (9.52%), Fat: 8.65g (13.31%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 12.41g (4.51%), Sugar: 9.35g (10.39%), Cholesterol: 173.88mg (57.96%), Sodium: 593.78mg (25.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.79%), Calcium: 278.84mg (27.88%), Selenium: 18.34µg (26.2%), Phosphorus: 259.66mg (25.97%), Vitamin C: 19.38mg (23.49%), Manganese: 0.43mg (21.45%), Vitamin B2: 0.36mg (21.22%), Copper: 0.42mg (20.93%), Vitamin B6: 0.42mg (20.9%), Vitamin E: 3.11mg (20.74%), Iron: 3.68mg (20.46%), Potassium: 685.9mg (19.6%), Fiber: 4.04g (16.17%), Vitamin A: 801.04IU (16.02%), Magnesium: 54.04mg (13.51%), Vitamin B5: 1.33mg (13.25%), Vitamin B3: 2.61mg (13.04%), Folate: 49.09µg (12.27%), Vitamin K: 12.86µg (12.25%), Vitamin B1: 0.18mg (12.07%), Zinc: 1.56mg (10.39%), Vitamin B12: 0.57µg (9.53%), Vitamin D: 0.95µg (6.37%)