



Baked Eggs In Tomato Sauce with Ricotta Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 clove garlic crushed
- ☐ 6 mint leaves minced
- ☐ 2 tablespoon olive oil
- ☐ 8 tablespoon parmesan cheese grated plus more for serving
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt & pepper to taste

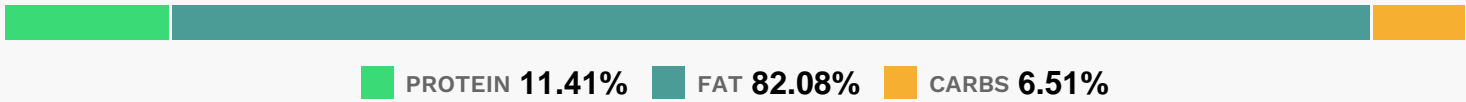
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. In a 10 to 12-inch saute pan, heat the olive oil over medium heat.
- ☐ Add the onion, 1 sprig parsley, mint, and garlic. Cook, stirring, until the onion starts to soften, about 5 minutes.
- ☐ Add the vinegar and allow it to evaporate completely.
- ☐ Add the tomatoes and their juices. Bring to a boil over medium-high heat and cook until slightly reduced, about 15 minutes.
- ☐ Remove the garlic and parsley and discard.
- ☐ Add the remaining parsley and the basil to the sauce and stir in. Season the sauce with salt and pepper then divide it among 4 low oven-proof bowls, reserving 1 cup. Crack 2 eggs into each bowl. Dollop a heaping spoonful of ricotta next to the eggs. Then top with a bit more of the reserved sauce and 2 tablespoons Parmesan.
- ☐ Bake until egg whites are just opaque (yolks should still be soft), 24 to 28 minutes, rotating sheet halfway through. Give it a good grind of black pepper and a sprinkle of the remaining Parmesan cheese.
- ☐ Serve hot with grilled bread.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.3569565026656%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.99kcal (5.45%), Fat: 9.82g (15.1%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.01g (0.02%), Cholesterol: 8.7mg (2.9%), Sodium: 370.72mg (16.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Calcium: 94.49mg (9.45%), Vitamin E: 1.06mg (7.06%), Phosphorus: 66.84mg (6.68%), Selenium: 3.61µg (5.15%), Vitamin K: 4.4µg (4.19%), Zinc: 0.46mg (3.09%), Vitamin A: 150.29IU (3.01%), Vitamin B2: 0.04mg (2.31%), Manganese: 0.05mg (2.3%), Vitamin B12: 0.14µg (2.25%), Magnesium: 5.49mg (1.37%), Iron: 0.24mg (1.34%), Potassium: 35.88mg (1.03%)