



Baked Eggs with Artichokes and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 8 artichoke heart quarters dry canned drained well
- ☐ 2 large eggs
- ☐ 2 teaspoons chives fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 2 tablespoons parmesan cheese packed freshly grated ()
- ☐ 1 tablespoon butter unsalted room temperature

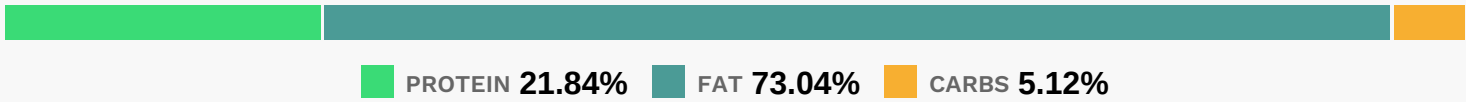
Equipment

☐ oven

Directions

- ☐ Rub butter onto bottom and sides of two 3/4-cup soufflé dishes or custard cups, dividing equally.
- ☐ Sprinkle with herbs, dividing equally.
- ☐ Place 4 artichoke pieces in each dish. Crack 1 egg into each dish, being careful not to break yolk.
- ☐ Sprinkle eggs with salt, pepper, and cheese. (Can be prepared 1 day ahead. Cover; chill.)
- ☐ Preheat oven to 400°F.
- ☐ Bake until eggs are softly set and cheese is golden, about 9 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:6.7130434694497%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 146.63kcal (7.33%), Fat: 11.88g (18.28%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.28g (0.31%), Cholesterol: 205.4mg (68.47%), Sodium: 174.35mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.99%), Selenium: 17.22µg (24.61%), Vitamin B2: 0.25mg (14.98%), Phosphorus: 134.47mg (13.45%), Vitamin A: 552.93IU (11.06%), Vitamin K: 9.89µg (9.42%), Calcium: 90.84mg (9.08%), Vitamin B12: 0.52µg (8.74%), Vitamin B5: 0.8mg (8.03%), Vitamin D: 1.13µg (7.53%), Iron: 1.29mg (7.14%), Folate: 27.51µg (6.88%), Zinc: 0.9mg (6.01%), Vitamin E: 0.9mg (5.99%), Vitamin B6: 0.1mg (5.06%), Manganese: 0.07mg (3.61%), Magnesium: 11.03mg (2.76%), Potassium: 95.72mg (2.73%), Copper: 0.05mg (2.35%), Fiber: 0.51g (2.05%), Vitamin B1: 0.02mg (1.62%)