



## Baked Eggs with Asparagus and Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 1 cup asparagus chopped
- ☐ 4 servings butter
- ☐ 4 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 8 tablespoons heavy cream
- ☐ 1 cup mushrooms chopped
- ☐ 3 tablespoons olive oil

- ☐ 0.3 onion chopped
- ☐ 8 tablespoons parmesan cheese
- ☐ 4 servings salt and pepper

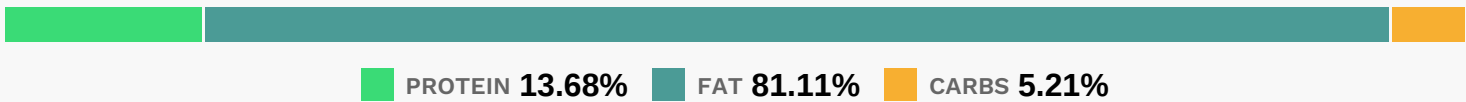
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan

## Directions

- ☐ Preheat the oven to 375° F.
- ☐ Heat the olive oil in a medium skillet over medium heat.
- ☐ Add the onions and garlic, cook for 2 minutes, and then add the mushrooms and cook for an additional 5 minutes or until the onions are translucent.
- ☐ Add the asparagus, cook about 2 minutes and season with salt and pepper.
- ☐ Add parsley and remove from the heat. Rub the inside of 4 small ramekins with butter and then add mushroom mixture into each ramekin.
- ☐ Add 1 egg to each, season with salt and pepper.
- ☐ Add 2 tablespoons heavy cream and 2 tablespoons parmesan cheese.
- ☐ Place the ramekins in a baking dish and bake about 8 to 10 minutes.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:57.5, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:15.82869569115%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 358.57kcal (17.93%), Fat: 32.88g (50.59%), Saturated Fat: 14.16g (88.49%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.55g (1.29%), Sugar: 2.58g (2.87%), Cholesterol: 237.45mg (79.15%), Sodium: 469.82mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.97%), Vitamin K: 83.43µg (79.45%), Selenium: 21.7µg (31%), Vitamin A: 1483.41IU (29.67%), Vitamin B2: 0.47mg (27.64%), Phosphorus: 230.38mg (23.04%), Vitamin E: 2.86mg (19.08%), Calcium: 184.5mg (18.45%), Vitamin B5: 1.37mg (13.73%), Folate: 54.08µg (13.52%), Iron: 2.14mg (11.92%), Vitamin B12: 0.63µg (10.52%), Vitamin D: 1.58µg (10.52%), Vitamin C: 8.29mg (10.05%), Copper: 0.19mg (9.64%), Zinc: 1.36mg (9.09%), Vitamin B6: 0.18mg (9.06%), Potassium: 285.86mg (8.17%), Vitamin B1: 0.11mg (7.03%), Vitamin B3: 1.34mg (6.71%), Magnesium: 22.2mg (5.55%), Manganese: 0.11mg (5.42%), Fiber: 1.2g (4.8%)