



Baked Eggs With Asparagus and Sun Dried Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 large eggs
- 2 large egg whites
- 2 tablespoons sun-dried olives dried finely chopped
- 2 tablespoons onion finely chopped
- 1 teaspoon thyme leaves minced
- 0.5 cup german quark canned (a creamy cheese that can be found in your grocery dairy section)
- 2 tablespoons parmesan shredded

8 small asparagus

Equipment

frying pan

oven

baking pan

Directions

Preheat oven to 37

Steam asparagus until tender.

Whip eggs with quark, thyme and salt and pepper to your taste.

Heat non-stick skillet over medium heat and spray with cooking spray.

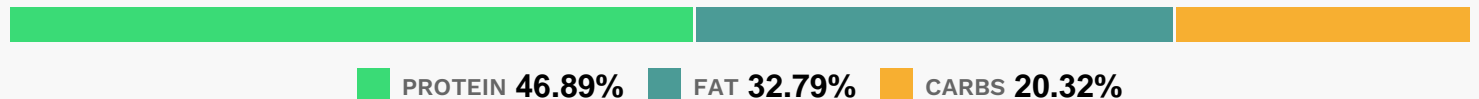
Saute onion and tomato for 4 minutes until onion is translucent.

Spray small baking dish with cooking spray and add onion and tomato.

Add eggs. Top with spinach or asparagus and parmesan cheese.

Bake for 10 - 15 minutes until egg is set.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:12.169130434783%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Taste

Sweetness: 49.8%, Saltiness: 100%, Sourness: 13.77%, Bitterness: 6.35%, Savoriness: 52.44%, Fattiness: 70.7%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 178.27kcal (8.91%), Fat: 6.52g (10.04%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 7.16g (2.6%), Sugar: 6.17g (6.85%), Cholesterol: 189.4mg (63.13%), Sodium: 275.18mg (11.96%), Protein: 20.99g (41.97%), Selenium: 24.5µg (35.01%), Vitamin B2: 0.49mg (28.79%), Vitamin K: 22.39µg (21.33%), Phosphorus: 185.37mg (18.54%), Vitamin A: 763.34IU (15.27%), Iron: 2.62mg (14.55%), Folate: 55.88µg (13.97%), Potassium: 416.54mg (11.9%), Calcium: 112.88mg (11.29%), Vitamin B5: 1.1mg (11.04%), Manganese: 0.22mg (10.84%), Copper: 0.22mg (10.82%), Vitamin B12: 0.53µg (8.91%), Vitamin C: 6.99mg (8.47%), Vitamin B6: 0.17mg (8.35%), Vitamin B1: 0.12mg (8.23%), Zinc: 1.19mg (7.91%), Fiber: 1.93g (7.73%), Magnesium: 30.85mg (7.71%), Vitamin E: 1.08mg (7.21%), Vitamin D: 1.02µg (6.83%), Vitamin B3: 1.04mg (5.19%)