



BAKED EGGS WITH PORTOBELLO (HUEVOS CON PORTOBELLO)

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 large eggs
- ☐ 2 tablespoons flour
- ☐ 6 tablespoons heavy cream
- ☐ 0.3 cup milk
- ☐ 0.3 cup onions chopped
- ☐ 6 tablespoons parmigiano-reggiano
- ☐ 2 tablespoons parsley chopped

- ☐ 4 cups portabello mushrooms chopped
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons thyme leaves chopped

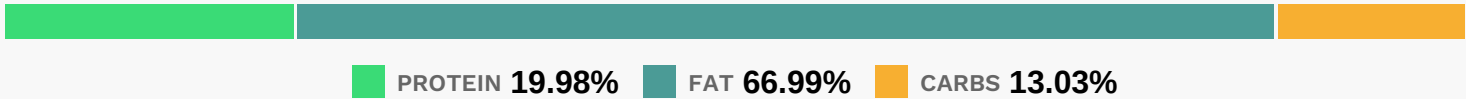
Equipment

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

Directions

- ☐ Preheat the oven to 375° F
- ☐ Heat the butter in a medium skillet over medium heat.
- ☐ Add the onions and cook for 1 to 2 minutes, then add the mushrooms and cook for an additional 5 minutes or until the onions are translucent.
- ☐ Add the flour and milk stirring constantly, cook about 2 minutes, season with salt and pepper.
- ☐ Add parsley and thyme, remove from the heat.Rub the inside of 6 small ramekins with butter and then add mushroom mixture into each ramekin.
- ☐ Add 1 egg to each, season with salt and pepper.
- ☐ Add 1 tablespoon heavy cream and 1 tablespoon parmigiano-reggiano cheese.
- ☐ Place the ramekins in a baking dish and bake about 8 to 10 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:12.499565165976%

Flavonoids

Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 210.91kcal (10.55%), Fat: 15.96g (24.56%), Saturated Fat: 8.54g (53.38%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.69g (2.07%), Sugar: 3.05g (3.39%), Cholesterol: 218.01mg (72.67%), Sodium: 390.53mg (16.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.42%), Selenium: 28.78µg (41.11%), Vitamin B2: 0.39mg (23.21%), Phosphorus: 227.01mg (22.7%), Vitamin K: 22.98µg (21.89%), Vitamin A: 891.44IU (17.83%), Vitamin B5: 1.57mg (15.71%), Vitamin B3: 2.87mg (14.34%), Calcium: 129.93mg (12.99%), Folate: 49.56µg (12.39%), Copper: 0.22mg (11.23%), Vitamin B12: 0.64µg (10.65%), Vitamin D: 1.59µg (10.57%), Vitamin B6: 0.21mg (10.32%), Potassium: 352.04mg (10.06%), Iron: 1.73mg (9.62%), Zinc: 1.27mg (8.45%), Vitamin C: 6.09mg (7.38%), Manganese: 0.12mg (6.18%), Vitamin B1: 0.09mg (6.1%), Vitamin E: 0.81mg (5.42%), Fiber: 1.3g (5.19%), Magnesium: 16.59mg (4.15%)