



Baked Eggs with Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 servings accompaniments: bacon and buttered toast
- ☐ 0.1 teaspoon pepper black
- ☐ 4 large eggs
- ☐ 0.3 cup heavy cream
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pound pkt spinach coarsely chopped (2 bunches)
- ☐ 2 tablespoons butter unsalted

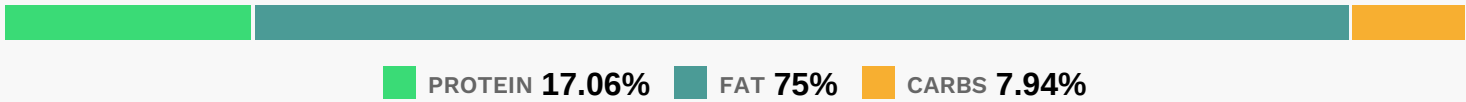
Equipment

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

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cook onion in butter in a 10-inch heavy skillet over moderate heat, stirring, until softened, about 5 minutes.
- ☐ Add spinach and cook, covered, stirring 2 or 3 times, until wilted, 2 to 3 minutes.
- ☐ Remove lid and cook, stirring, until excess liquid is evaporated, 2 to 4 minutes.
- ☐ Add cream, salt, and pepper and simmer, stirring occasionally, until slightly thickened, 3 to 4 minutes.
- ☐ Arrange buttered ramekins in a shallow baking pan and divide spinach among them. Make an indentation in center of each and carefully crack an egg into each indentation.
- ☐ Bake in middle of oven until whites are just set, about 15 minutes.
- ☐ Serve eggs in ramekins with bacon and toast.
- ☐ The eggs in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area. As an alternative, use pasteurized eggs (sold in cartons) or bake eggs until yolks are fully set.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:30.938260575999%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 313.62kcal (15.68%), Fat: 26.88g (41.35%), Saturated Fat: 12.74g (79.61%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 3.26g (1.19%), Sugar: 1.36g (1.52%), Cholesterol: 237.98mg (79.33%), Sodium: 625.44mg (27.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Vitamin K: 686.02µg (653.35%), Vitamin A: 14036.64IU (280.73%), Folate: 299.5µg (74.88%), Manganese: 1.3mg (64.85%), Vitamin C: 39.95mg (48.42%), Vitamin B2: 0.55mg (32.59%), Selenium: 21.86µg (31.23%), Magnesium: 122.26mg (30.57%), Iron: 4.84mg (26.87%), Potassium: 924.92mg (26.43%), Vitamin E: 3.84mg (25.62%), Vitamin B6: 0.43mg (21.36%), Phosphorus: 213.42mg (21.34%), Calcium: 184.66mg (18.47%), Vitamin B1: 0.2mg (13.04%), Fiber: 3.13g (12.54%), Copper: 0.23mg (11.69%), Zinc: 1.71mg (11.41%), Vitamin B5: 1.04mg (10.4%), Vitamin D: 1.51µg (10.07%), Vitamin B12: 0.6µg (9.98%), Vitamin B3: 1.96mg (9.82%)