



Baked Eggs with Spinach and Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 10 oz baby spinach leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 4 large eggs
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 cup heavy cream
- ☐ 2 cups mushrooms thinly sliced
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 0.3 cup onion finely chopped

- ☐ 2 tablespoons parmesan finely grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ oven
- ☐ tongs
- ☐ colander

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 450°F.
- ☐ Bring 1/2 inch water to a boil in a 10- to 12-inch ovenproof heavy skillet (not cast-iron), then add half of spinach and cook, turning with tongs, until wilted, about 30 seconds.
- ☐ Add remaining spinach and wilt in same manner, then cook, covered, over moderately high heat until spinach is tender, about 2 minutes.
- ☐ Drain in a colander and cool under cold running water. Gently squeeze handfuls of spinach to remove as much liquid as possible, then coarsely chop.
- ☐ Wipe skillet dry, then cook onion and garlic in butter over moderately low heat, stirring, until softened, 2 to 3 minutes.
- ☐ Add mushrooms and increase heat to moderate, then cook, stirring, until mushrooms are softened and have exuded liquid, about 3 minutes. Stir in cream, salt, pepper, nutmeg, and chopped spinach and bring to a simmer.
- ☐ Remove skillet from heat and make 4 large indentations in spinach mixture. Break an egg into each indentation and bake, uncovered, until egg whites are set but yolks are still runny, 7 to 10 minutes. Lightly season eggs with salt and pepper, then sprinkle with cheese.
- ☐ The yolks in this recipe are not fully cooked. If salmonella is a problem in your area, bake until yolks are completely set.

Nutrition Facts



 **PROTEIN 19.15%**  **FAT 70.13%**  **CARBS 10.72%**

Properties

Glycemic Index:62.5, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:25.286956745645%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 231.54kcal (11.58%), Fat: 18.72g (28.8%), Saturated Fat: 10.22g (63.9%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 4.17g (1.52%), Sugar: 2.49g (2.76%), Cholesterol: 225.16mg (75.05%), Sodium: 321.47mg (13.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (23%), Vitamin K: 343.9µg (327.52%), Vitamin A: 7402.86IU (148.06%), Folate: 172.32µg (43.08%), Manganese: 0.72mg (35.84%), Vitamin B2: 0.61mg (35.72%), Selenium: 21.91µg (31.31%), Vitamin C: 22.02mg (26.69%), Phosphorus: 209.92mg (20.99%), Potassium: 659.46mg (18.84%), Magnesium: 70.46mg (17.61%), Iron: 3.13mg (17.37%), Vitamin B5: 1.62mg (16.19%), Vitamin E: 2.32mg (15.49%), Vitamin B6: 0.3mg (15.22%), Calcium: 148.39mg (14.84%), Copper: 0.29mg (14.67%), Vitamin B3: 2.32mg (11.62%), Vitamin D: 1.53µg (10.21%), Zinc: 1.42mg (9.48%), Fiber: 2.27g (9.08%), Vitamin B12: 0.54µg (8.96%), Vitamin B1: 0.13mg (8.39%)