



Baked Eggs with Spinach and Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 6 tablespoons alouette garlic & herbs spreadable cheese low-fat (such as Rondelé)
- ☐ 6 large eggs
- ☐ 6 tablespoons half and half
- ☐ 12 tablespoons pasta sauce jarred
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 48 pkt spinach fresh
- ☐ 6 servings buttered toast

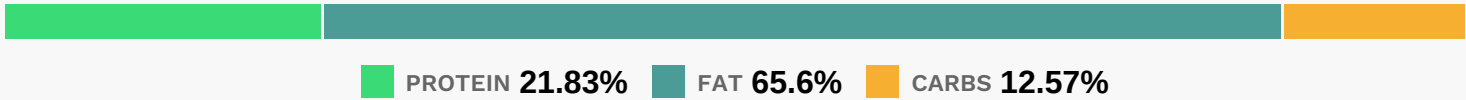
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 35
- ☐ Coat 6 (6- to 8-oz.) ramekins with vegetable cooking spray.
- ☐ Layer 1 Tbsp. spreadable cheese, 8 torn spinach leaves, 1 egg, 2 Tbsp. pasta sauce, 1 Tbsp. half-and-half, and 1/8 tsp. pepper in each ramekin.
- ☐ Place on a baking sheet.
- ☐ Bake 20 to 25 minutes or until cooked to desired firmness.
- ☐ Let stand 5 minutes.
- ☐ Serve with toast.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:9.617826057517%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 143.75kcal (7.19%), Fat: 10.65g (16.38%), Saturated Fat: 4.9g (30.6%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 3.88g (1.41%), Sugar: 1.96g (2.17%), Cholesterol: 203.76mg (67.92%), Sodium: 297.14mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.95%), Vitamin K: 40.27µg (38.35%), Vitamin A: 1204.53IU (24.09%), Selenium: 16.41µg (23.45%), Vitamin B2: 0.3mg (17.41%), Phosphorus: 126.69mg (12.67%), Folate: 43.25µg (10.81%), Vitamin B5: 0.91mg (9.14%), Iron: 1.44mg (8.03%), Vitamin B12: 0.47µg (7.9%), Vitamin E: 1.16mg (7.75%), Manganese: 0.15mg (7.71%), Vitamin B6: 0.14mg (6.94%), Vitamin D: 1µg (6.67%), Potassium: 227.17mg (6.49%), Calcium: 58.47mg (5.85%), Zinc: 0.82mg (5.48%), Vitamin C: 4.48mg (5.43%), Magnesium: 19.01mg (4.75%), Copper: 0.09mg (4.35%), Fiber: 0.71g (2.86%), Vitamin B1: 0.04mg (2.82%), Vitamin B3: 0.45mg

(2.26%)