



Baked Eggs with Spinach, Asparagus, and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



529 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.8 pound asparagus cut into 2-inch pieces
- ☐ 10 ounces round loaf crusty bread thick cut into 4 slices
- ☐ 4 eggs
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 0.3 pound gruyere cheese grated
- ☐ 0.3 pound thin-prosciutto
- ☐ 0.3 teaspoon salt
- ☐ 10 ounces pkt spinach frozen dry drained chopped

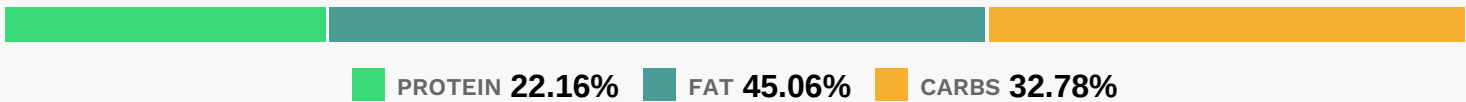
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Heat the oven to 45
- ☐ Put the bread on a baking sheet and toast in the oven, turning once, until lightly browned, about 5 minutes in all.
- ☐ Transfer to an oiled baking dish.
- ☐ Meanwhile, bring a medium pot of salted water to a boil.
- ☐ Add the asparagus and cook until tender, about 5 minutes.
- ☐ Drain, rinse with cold water, and drain thoroughly.
- ☐ Using your fingers, make a depression in the center of each slice of bread. Arrange one or two slices of prosciutto around the edge of each slice of bread. Reserve 2 tablespoons of the cheese. Press a quarter of the remaining cheese into the center of each slice of bread. Top the cheese with the spinach, and then surround that with the asparagus. Break an egg into a small dish. Carefully slip the egg into one of the spinach nests. Repeat with remaining eggs.
- ☐ Sprinkle the eggs with the salt and pepper and the reserved cheese.
- ☐ Bake, covered, until the egg whites are just set, 10 to 15 minutes.
- ☐ Wine Recommendation: New Zealand sauvignon blancs have a distinctive style, with a powerful streak of acidity, ripe citrus and gooseberry flavors, and a singular note of asparagus. Try one with this egg dish for an intriguing pas de deux.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:28.85, Inflammation Score:-10, Nutrition Score:37.450869311457%

Flavonoids

Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg

Nutrients (% of daily need)

Calories: 528.72kcal (26.44%), Fat: 26.82g (41.26%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 38.47g (13.99%), Sugar: 5.6g (6.22%), Cholesterol: 213.58mg (71.19%), Sodium: 1078.73mg (46.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.35%), Vitamin K: 300.53µg (286.22%), Vitamin A: 9470.81IU (189.42%), Selenium: 49.8µg (71.14%), Folate: 257.69µg (64.42%), Vitamin B1: 0.8mg (53.62%), Vitamin B2: 0.88mg (52.03%), Manganese: 1.03mg (51.67%), Calcium: 461.45mg (46.14%), Phosphorus: 452.93mg (45.29%), Iron: 6.87mg (38.18%), Vitamin B3: 5.81mg (29.06%), Magnesium: 106.74mg (26.69%), Vitamin E: 3.83mg (25.53%), Zinc: 3.6mg (24.01%), Vitamin B6: 0.45mg (22.42%), Fiber: 5.42g (21.67%), Copper: 0.42mg (21.21%), Potassium: 640.62mg (18.3%), Vitamin B12: 0.99µg (16.45%), Vitamin B5: 1.53mg (15.28%), Vitamin C: 8.66mg (10.5%), Vitamin D: 1.16µg (7.76%)