

Baked Eggs with Tomato

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



842 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 small basil leaves
- ☐ 4 servings butter
- ☐ 4 large eggs
- ☐ 1 tablespoon flat-leaf parsley minced
- ☐ 1 clove garlic minced peeled
- ☐ 14 tablespoons olive oil
- ☐ 4 servings bell pepper
- ☐ 4 servings salt

- ☐ 1 pinch caster sugar
- ☐ 16 toast fingers
- ☐ 4 tomatoes peeled seeded chopped (1-cm.)

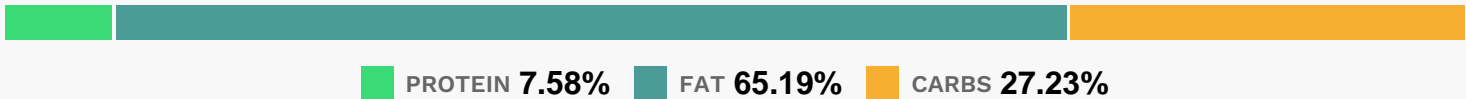
Equipment

- ☐ frying pan
- ☐ ramekin

Directions

- ☐ Heat the olive oil in a skillet over medium heat. Cook the tomatoes for 5 minutes and then add the garlic, parsley, sugar, a pinch of salt, and a pinch of pepper.
- ☐ Butter 4 ramekins and distribute the tomato sauce evenly among them. Crack an egg into each ramekin and cook for 15 minutes.
- ☐ Garnish each ramekin with a basil leaf and serve with toast fingers.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From The Complete Robuchon by Joël Robuchon Copyright (c) 2008 by Joël Robuchon Published by Knopf.Joël Robuchon was born in Poitiers, France, in 1945 and began his apprenticeship at a hotel restaurant when he was fifteen years old. In 1981, he opened his own restaurant in Paris, Jamin, which had earned three Michelin stars by 198
- ☐ It was the fastest rise in the guidebook's history. Named Chef of the Century in 1989 by the Gault Millau, he now works as a consultant and runs L'Atelier restaurants around the world.

Nutrition Facts



Properties

Glycemic Index:80.52, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:31.54695670501%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 842.39kcal (42.12%), Fat: 61.81g (95.1%), Saturated Fat: 11.49g (71.79%), Carbohydrates: 58.08g (19.36%), Net Carbohydrates: 52.79g (19.2%), Sugar: 10.99g (12.21%), Cholesterol: 197.63mg (65.88%), Sodium: 828.72mg (36.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.34%), Vitamin C: 113.85mg (138%), Vitamin A: 3857.54IU (77.15%), Vitamin E: 9.76mg (65.07%), Vitamin K: 64.43µg (61.36%), Selenium: 42.87µg (61.24%), Folate: 169.7µg (42.43%), Vitamin B2: 0.62mg (36.21%), Vitamin B1: 0.47mg (31.58%), Manganese: 0.63mg (31.37%), Iron: 4.82mg (26.79%), Vitamin B3: 4.98mg (24.88%), Phosphorus: 241.68mg (24.17%), Vitamin B6: 0.47mg (23.33%), Fiber: 5.3g (21.18%), Potassium: 644.45mg (18.41%), Calcium: 155.49mg (15.55%), Vitamin B5: 1.37mg (13.72%), Magnesium: 52.4mg (13.1%), Copper: 0.25mg (12.41%), Zinc: 1.67mg (11.11%), Vitamin B12: 0.47µg (7.85%), Vitamin D: 1µg (6.67%)