



Baked Eggs with Tomatoes and Parmesan

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 large eggs
- 1 tablespoon thyme leaves fresh chopped
- 2 cloves garlic crushed
- 2 tablespoons parmesan grated
- 5 servings salt and pepper
- 2 cups tomato sauce
- 2 tablespoons butter (unsalted plus more for buttering dishes) cut into small pieces (

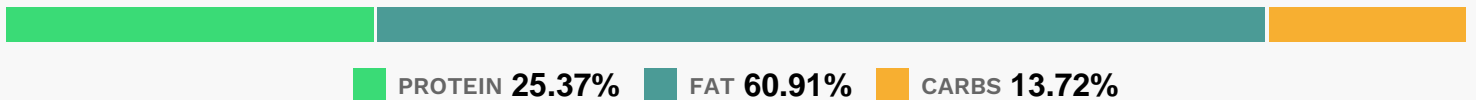
Equipment

- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 425F. Butter four baking dishes no more than 1-inch deep and large enough to hold two eggs. Rub insides and bottoms of each baking dish with half a clove of garlic, pressing hard. Discard garlic.
- Divide 2 Tbsp. butter evenly among baking dishes and sprinkle with thyme. Spoon in equal amounts of tomato sauce. Use back of a spoon to form 2 indentations in tomato sauce and break 1 egg in each. Season with salt and pepper and sprinkle with Parmesan.
- Place dishes on a rimmed baking sheet.
- Bake until egg whites are opaque and yolks are firm around edges, 13 to 15 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:12.392608580382%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 189.11kcal (9.46%), Fat: 12.99g (19.99%), Saturated Fat: 5.76g (35.98%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 4.9g (1.78%), Sugar: 3.82g (4.24%), Cholesterol: 311mg (103.67%), Sodium: 804.9mg (35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.35%), Selenium: 25.82µg (36.89%), Vitamin B2: 0.45mg (26.22%), Vitamin A: 1078.53IU (21.57%), Phosphorus: 203.4mg (20.34%), Vitamin E: 2.39mg (15.91%), Vitamin B5: 1.56mg (15.57%), Iron: 2.62mg (14.58%), Vitamin B6: 0.25mg (12.69%), Vitamin B12: 0.75µg (12.43%), Potassium: 418.02mg (11.94%), Folate: 47.39µg (11.85%), Vitamin C: 9.48mg (11.49%), Vitamin D: 1.69µg (11.29%), Copper: 0.18mg (9.17%), Calcium: 91.51mg (9.15%), Zinc: 1.35mg (8.98%), Manganese: 0.17mg (8.63%), Magnesium: 27.84mg (6.96%), Fiber: 1.69g (6.76%), Vitamin B3: 1.07mg (5.36%), Vitamin B1: 0.06mg (3.98%), Vitamin K: 3.43µg (3.27%)