



## Baked Tomatoes with Eggs

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

### Ingredients

- 4 large tomatoes
- 4 teaspoons olive oil
- 1 serving salt and pepper freshly ground
- 8 basil fresh for garnish
- 4 large eggs
- 1 tablespoon parmesan cheese grated

### Equipment

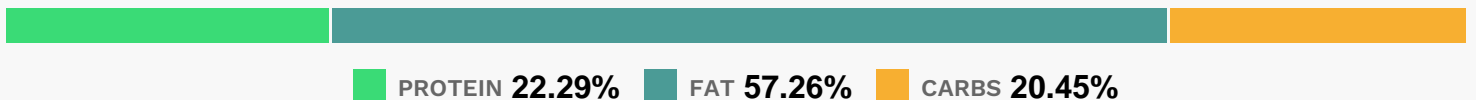
- baking sheet

- baking paper
- oven
- aluminum foil

## Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper or foil.
- Cut a thin 3-inch round slice from tops of tomatoes; reserve tops. Leaving 1/4 inch around side of each tomato, remove and discard insides from tomatoes, creating 1/2-inch deep cavity.
- Place tomatoes on cookie sheet.
- Drizzle 1 teaspoon olive oil over each tomato, rubbing around outside as well as inside each tomato. Season tomatoes with salt and pepper; line each with 2 basil leaves. Carefully crack 1 egg into each cavity.
- Sprinkle tops of eggs with salt and pepper.
- Bake 10 minutes; place reserved tomato tops on cookie sheet; bake 5 to 10 minutes longer or until egg whites and yolks are firm, not runny.
- Serve warm with additional small or torn basil leaves and a sprinkle of Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:12.306956415591%

## Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 145.07kcal (7.25%), Fat: 9.47g (14.58%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 5.42g (1.97%), Sugar: 4.97g (5.53%), Cholesterol: 187.09mg (62.36%), Sodium: 150.53mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.59%), Vitamin A: 1839.07IU (36.78%), Vitamin C: 25.08mg (30.4%), Selenium: 15.79µg (22.56%), Vitamin K: 20.28µg (19.31%), Vitamin B2: 0.27mg (15.76%),

Phosphorus: 151.05mg (15.11%), Potassium: 505.05mg (14.43%), Vitamin E: 2.1mg (13.98%), Folate: 51.42µg (12.85%), Vitamin B6: 0.23mg (11.64%), Manganese: 0.23mg (11.59%), Vitamin B5: 0.93mg (9.34%), Fiber: 2.2g (8.79%), Iron: 1.42mg (7.89%), Vitamin B12: 0.46µg (7.7%), Copper: 0.15mg (7.35%), Zinc: 1.02mg (6.77%), Magnesium: 26.97mg (6.74%), Vitamin D: 1.01µg (6.71%), Calcium: 58.74mg (5.87%), Vitamin B1: 0.09mg (5.86%), Vitamin B3: 1.13mg (5.63%)