



Beet Greens and Poached Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 large eggs
- 1 tablespoon vinegar
- 2 servings water
- 1 tablespoon coconut oil
- 0.5 cup leek thinly sliced
- 4 cups bunches of kale with baby beets finely sliced chopped
- 2 cloves garlic minced
- 0.3 juice of lemon juiced

2 tablespoons parmesan shredded

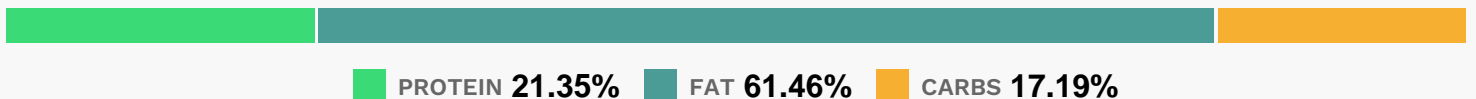
Equipment

frying pan

Directions

- Heat a small skillet over medium low heat with 2 of water until small bubble start to rise.
- Add a pinch of salt and vinegar. Gently crack eggs into the water, slowly sliding them into the water. Cover and allow to simmer for 8 10 minutes until white is set and yolks are still runny. For this dish you want a runny yolk.
- Heat a large nonstick skillet over medium heat with coconut oil.
- Add leeks and sliced beets. Cook for 5 8 minutes until beets and leeks are tender.
- Add garlic and chopped baby beet greens. Cook for two minutes stirring often, then remove from heat and continue to stir until beet greens lightly wilt.
- Add a splash of lemon juice.
- Split greens among two plates and top each plate with a poached egg and a tablespoon of Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:22.2%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 186.44kcal (9.32%), Fat: 13.17g (20.27%), Saturated Fat: 8.19g (51.18%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 5g (1.82%), Sugar: 1.6g (1.78%), Cholesterol: 189.4mg (63.13%), Sodium: 339.85mg (14.78%), Protein:

10.3g (20.59%), Vitamin K: 314.79µg (299.8%), Vitamin A: 5488.21IU (109.76%), Vitamin C: 27.86mg (33.77%), Selenium: 17.85µg (25.5%), Vitamin B2: 0.42mg (24.87%), Manganese: 0.47mg (23.71%), Calcium: 202.55mg (20.26%), Potassium: 708.82mg (20.25%), Iron: 3.4mg (18.87%), Phosphorus: 177.86mg (17.79%), Magnesium: 71.05mg (17.76%), Fiber: 3.29g (13.15%), Vitamin B6: 0.26mg (13.04%), Copper: 0.26mg (12.87%), Vitamin E: 1.9mg (12.64%), Folate: 50.33µg (12.58%), Vitamin B5: 1.03mg (10.33%), Vitamin B12: 0.51µg (8.42%), Vitamin B1: 0.12mg (7.88%), Zinc: 1.16mg (7.74%), Vitamin D: 1.02µg (6.83%), Vitamin B3: 0.47mg (2.34%)