



Broccoli Egg Cups

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch broccoli cut into florets
- 0.1 teaspoon ground pepper
- 10 eggs
- 0.5 teaspoon basil fresh minced
- 0.5 teaspoon basil fresh minced
- 1 tablespoon parsley fresh minced
- 2 cups half and half
- 0.5 teaspoon salt

0.3 cup swiss cheese shredded

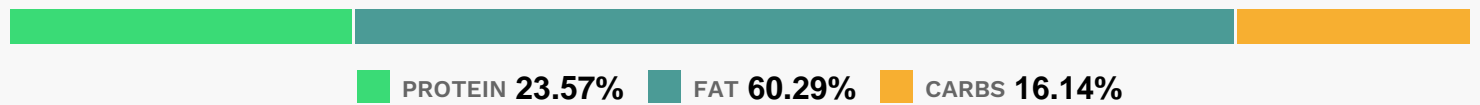
Equipment

- bowl
- sauce pan
- oven
- whisk
- ramekin

Directions

- Grease six 8-oz. ramekins; set aside.
- In a large saucepan, bring 3 cups water to a boil.
- Add broccoli; cover and boil for 3 minutes.
- Drain and immediately place broccoli in ice water.
- Drain and pat dry.
- In a large bowl, whisk 4 eggs, cream, cheese, parsley, salt, basil and cayenne; pour into prepared dishes. Break an egg into each dish; arrange broccoli around each egg.
- Bake at 350° for 30–35 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:43.83, Glycemic Load:1.34, Inflammation Score:-8, Nutrition Score:23.917391300201%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 263.05kcal (13.15%), Fat: 18.03g (27.74%), Saturated Fat: 8.9g (55.64%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.34g (5.93%), Cholesterol: 305.22mg (101.74%), Sodium: 389.28mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.73%), Vitamin C: 92.04mg (111.56%), Vitamin K: 115.73µg (110.22%), Selenium: 28.99µg (41.41%), Vitamin B2: 0.62mg (36.76%), Phosphorus: 315.06mg (31.51%), Vitamin A: 1424.59IU (28.49%), Folate: 102.2µg (25.55%), Calcium: 216.19mg (21.62%), Vitamin B5: 1.96mg (19.6%), Vitamin B6: 0.35mg (17.36%), Vitamin B12: 0.94µg (15.7%), Potassium: 535.71mg (15.31%), Zinc: 1.88mg (12.54%), Vitamin E: 1.81mg (12.04%), Manganese: 0.24mg (11.85%), Iron: 2.12mg (11.76%), Fiber: 2.67g (10.67%), Magnesium: 40.04mg (10.01%), Vitamin D: 1.47µg (9.78%), Vitamin B1: 0.13mg (8.45%), Copper: 0.11mg (5.66%), Vitamin B3: 0.81mg (4.03%)