



## Caprese Skillet Eggs

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4 servings ciabatta bread toasted sliced
- 4 large eggs
- 0.3 cup basil mixed fresh chopped
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 0.5 cup onion chopped
- 0.5 teaspoon pepper
- 0.5 cup mozzarella cheese fresh shredded

3 medium tomatoes chopped

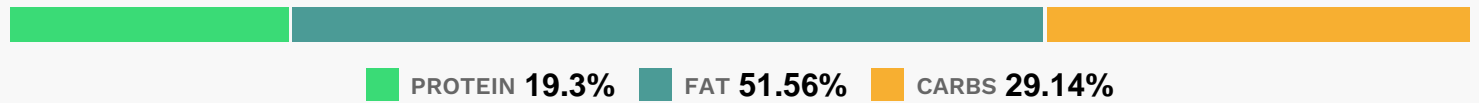
## Equipment

frying pan

## Directions

- Heat oil in a medium frying pan over medium heat.
- Add onion and cook until translucent, about 3 minutes.
- Add tomatoes, salt, and pepper. Simmer, stirring occasionally, until tomatoes have softened and released their juices, about 5 minutes.
- Use a spoon to make 4 wells in the tomato mixture and crack an egg into each. Cover pan and cook until whites are firm and yolks are just starting to set, about 2 minutes.
- Sprinkle with cheese and cover again to melt cheese slightly, about 1 minute.
- Sprinkle with herbs and serve with toast.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:11.137391266615%

## Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

## Nutrients (% of daily need)

Calories: 265.08kcal (13.25%), Fat: 15.3g (23.54%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 17.61g (6.4%), Sugar: 3.61g (4.01%), Cholesterol: 197.06mg (65.69%), Sodium: 592.33mg (25.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.78%), Selenium: 17.85µg (25.5%), Vitamin A: 1213.97IU (24.28%), Vitamin K: 18.69µg (17.8%), Phosphorus: 177.74mg (17.77%), Vitamin C: 14.39mg (17.44%), Vitamin B2: 0.29mg (17.21%), Vitamin E: 2.08mg (13.84%), Vitamin B12: 0.76µg (12.74%), Calcium: 116.54mg (11.65%), Folate: 43.18µg (10.8%), Manganese: 0.2mg (9.95%), Potassium: 335.35mg (9.58%), Vitamin B6: 0.19mg (9.55%),

Vitamin B5: 0.9mg (9%), Zinc: 1.26mg (8.4%), Iron: 1.34mg (7.45%), Fiber: 1.84g (7.37%), Vitamin D: 1.06µg (7.04%),  
Magnesium: 22.34mg (5.59%), Copper: 0.11mg (5.45%), Vitamin B1: 0.07mg (4.55%), Vitamin B3: 0.64mg (3.2%)