



Chef John's Baked Eggs

 Popular

READY IN



20 min.

SERVINGS



1

CALORIES



470 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 eggs
- ☐ 1.5 teaspoons flat-leaf parsley fresh chopped
- ☐ 2 tablespoons heavy whipping cream
- ☐ 0.3 cup tomatoes
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon parmigiano-reggiano cheese shredded finely
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 serving salt and pepper black freshly ground to taste

☐ 2 slices buttered toast

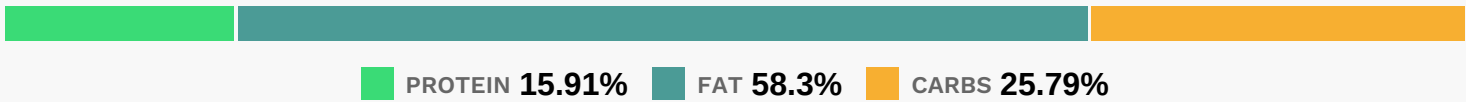
Equipment

- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Spoon marinara sauce into the bottom of a small baking dish, about 1/4 inch high.
- ☐ Sprinkle with red pepper flakes, salt, black pepper, and parsley. Make a narrow well in the center of the sauce for the eggs.
- ☐ Crack each egg into a ramekin, then pour into the baking dish over the marinara sauce.
- ☐ Sprinkle with Parmigiano-Reggiano cheese, olive oil, and cream. Season with salt and black pepper to taste.
- ☐ Bake in the preheated oven until yolks are just set, 10 to 12 minutes.
- ☐ Serve with toast.

Nutrition Facts



Properties

Glycemic Index:136, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:19.419565304466%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 469.8kcal (23.49%), Fat: 30.64g (47.14%), Saturated Fat: 11.89g (74.33%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 27.79g (10.1%), Sugar: 6.31g (7.01%), Cholesterol: 365.1mg (121.7%), Sodium: 877.4mg (38.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.63%), Selenium: 43.38µg (61.97%), Vitamin B2: 0.69mg (40.37%), Vitamin A: 1618.55IU (32.37%), Phosphorus: 296.95mg (29.7%), Vitamin E: 4.03mg (26.85%),

Folate: 96.54µg (24.14%), Iron: 4.1mg (22.76%), Calcium: 196.1mg (19.61%), Vitamin B5: 1.83mg (18.34%), Vitamin B1: 0.25mg (16.54%), Manganese: 0.33mg (16.43%), Vitamin D: 2.27µg (15.1%), Vitamin B12: 0.9µg (15%), Vitamin B6: 0.29mg (14.69%), Vitamin B3: 2.75mg (13.77%), Potassium: 476.47mg (13.61%), Vitamin K: 13.59µg (12.94%), Zinc: 1.87mg (12.46%), Copper: 0.23mg (11.72%), Fiber: 2.7g (10.81%), Magnesium: 40.29mg (10.07%), Vitamin C: 6.1mg (7.4%)