



Company Eggs



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 large eggs
- ☐ 4 garlic clove finely chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 6 servings pepper freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion thinly sliced
- ☐ 0.5 cup cheddar cheese white grated
- ☐ 12 cups swiss chard thick coarsely chopped

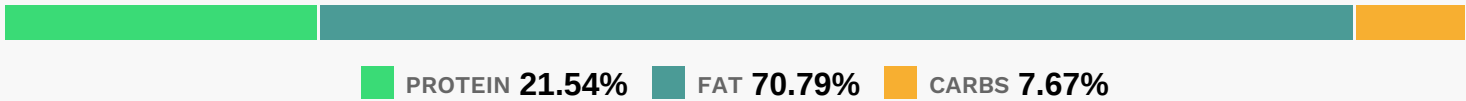
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Heat oil in a largeskillet over medium heat.
- ☐ Add onion andgarlic; season with salt and pepper. Cook,stirring occasionally, until onion is softened,8–10 minutes.
- ☐ Add chard to skillet by the handful,tossing to wilt between additions. Cook,tossing often, until tender, 8–10 minutes.
- ☐ Add cream and simmer until thickened andalmost evaporated, 8–10 minutes; seasonwith salt and pepper.
- ☐ Spread chard mixture evenly in a 13x9x2"baking dish. Using the back of a spoon,make 12 small, evenly spaced divots inthe chard mixture. Crack 1 egg into eachdivot. Season eggs with salt and pepper.
- ☐ Sprinkle cheese over.
- ☐ Bake, rotating dish once, until eggwhites are almost set and yolks are stillrunny, 15–18 minutes.
- ☐ Let stand 5 minutesbefore serving.
- ☐ DO AHEAD: The chard and cream mixturecan be made 1 day ahead. Cover and chill.Reheat before transferring to baking dish.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:24.743912935257%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg 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: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 311.68kcal (15.58%), Fat: 24.71g (38.01%), Saturated Fat: 10.17g (63.58%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.29g (2.54%), Cholesterol: 403.83mg (134.61%), Sodium: 363.22mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.84%), Vitamin K: 601.81µg (573.16%), Vitamin A: 5330.39IU (106.61%), Selenium: 34.96µg (49.94%), Vitamin B2: 0.61mg (35.66%), Phosphorus: 292.35mg (29.24%), Vitamin C: 23.21mg (28.13%), Vitamin E: 3.34mg (22.27%), Magnesium: 76.09mg (19.02%), Calcium: 179.18mg (17.92%), Vitamin B5: 1.77mg (17.74%), Manganese: 0.35mg (17.7%), Iron: 3.18mg (17.64%), Vitamin B12: 1.02µg (17.03%), Vitamin D: 2.37µg (15.83%), Folate: 62.14µg (15.54%), Vitamin B6: 0.29mg (14.69%), Zinc: 1.99mg (13.24%), Potassium: 463.4mg (13.24%), Copper: 0.22mg (10.9%), Fiber: 1.42g (5.67%), Vitamin B1: 0.09mg (5.66%), Vitamin B3: 0.41mg (2.05%)