



WHATSheATE



## Creamy Baked Eggs with Asparagus and Pecorino

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 6 asparagus ends trimmed thin
- ☐ 2 servings pepper black freshly ground
- ☐ 2 servings butter for ramekins
- ☐ 4 large eggs
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup milk
- ☐ 0.3 cup pecorino cheese shredded packed

## Equipment

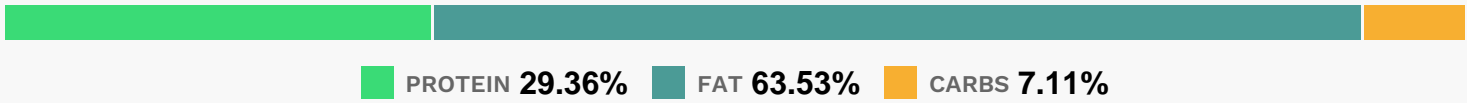
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ ramekin
- ☐ baking pan
- ☐ tongs
- ☐ colander

## Directions

- ☐ Preheat oven to 27
- ☐ Lightly butter two 4-oz. (1/2-cup) ramekins or ovenproof bowls and set in a baking pan just big enough to hold ramekins.
- ☐ Slice asparagus thinly on the diagonal. Bring a small pot of water to a boil.
- ☐ Add asparagus; cook until just tender-crisp, 1 to 2 minutes, and scoop out into a colander. Keep water boiling, covered.
- ☐ In a bowl, beat eggs with milk until smooth. Stir in cheese and salt. Divide mixture between prepared ramekins. Top each with half the asparagus and sprinkle with pepper.
- ☐ Set ramekins in baking pan and put in oven. With oven door open, carefully pour hot water into baking pan up to the level of the eggs in ramekins.
- ☐ Bake until eggs are set in centers (touch to test), about 45 minutes. To remove ramekins, carefully pull oven rack out partway; lift ramekins from pan with tongs and set aside. Push rack with pan back into the oven to cool.
- ☐ Serve eggs immediately.
- ☐ Pastured Eggs. What they are: Laid by chickens that spend most of their time outside, foraging on grass and insects. Price: Up to \$7 per dozen. Where to find them: Farmers' markets; farm stands; a few markets (see [localharvest.org](http://localharvest.org) or [eatwild.com](http://eatwild.com) for sources near you).

Commercial Eggs. What they are: Laid by chickens typically fed a blend of grains, soy beans, and vitamins; birds are often confined to cages. Price: About \$3 per dozen. Where to find them: Any grocery store.

# Nutrition Facts



## Properties

Glycemic Index:89.5, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:15.718695391779%

## Flavonoids

Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

## Nutrients (% of daily need)

Calories: 255.38kcal (12.77%), Fat: 17.97g (27.65%), Saturated Fat: 8.43g (52.67%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.49g (1.27%), Sugar: 2.83g (3.15%), Cholesterol: 399.41mg (133.14%), Sodium: 356.1mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.37%), Selenium: 34.25µg (48.93%), Vitamin B2: 0.61mg (36.17%), Phosphorus: 350.12mg (35.01%), Calcium: 239.69mg (23.97%), Vitamin A: 1129.66IU (22.59%), Vitamin K: 21.15µg (20.14%), Vitamin B12: 1.2µg (20.05%), Vitamin B5: 1.84mg (18.38%), Folate: 73µg (18.25%), Iron: 2.88mg (16.02%), Vitamin D: 2.4µg (15.99%), Zinc: 2mg (13.35%), Vitamin B6: 0.24mg (12.17%), Vitamin E: 1.75mg (11.69%), Vitamin B1: 0.13mg (8.71%), Copper: 0.17mg (8.41%), Potassium: 293.99mg (8.4%), Magnesium: 27.78mg (6.94%), Manganese: 0.12mg (6.02%), Fiber: 1.03g (4.13%), Vitamin C: 2.69mg (3.26%), Vitamin B3: 0.59mg (2.95%)