



Crostini with Spinach, Poached Egg, and Creamy Mustard Sauce

 Vegetarian

READY IN



13 min.

SERVINGS



4

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby spinach
- ☐ 1 tablespoon chives finely chopped
- ☐ 6 oz crusty whole-grain bread (toasted per slice) (1/)
- ☐ 1 tablespoon dijon mustard
- ☐ 4 large eggs
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 teaspoons water
- ☐ 1 teaspoon vinegar white

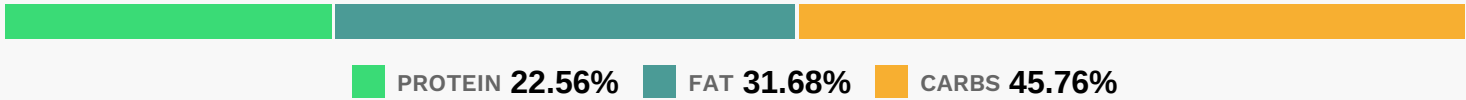
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Stir together sour cream and next 5 ingredients (through pepper) in a small bowl with water.
- ☐ Place 1 slice toast on each of 4 serving plates and top each with spinach.
- ☐ In a large saucepan, bring 2 inches of water to a simmer; add vinegar. Working one at a time, crack eggs into a cup and gently slip into water. Simmer 2–3 minutes. Using a slotted spoon, place a poached egg on top of spinach. Spoon about 1 TBSP sauce over each crostino before serving.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:17.12, Inflammation Score:-8, Nutrition Score:16.612608930339%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 213.49kcal (10.67%), Fat: 7.51g (11.55%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 22.91g (8.33%), Sugar: 2.34g (2.6%), Cholesterol: 191.03mg (63.68%), Sodium: 537.58mg (23.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.05%), Vitamin K: 74.83µg (71.26%), Selenium: 29.4µg (42%), Vitamin A: 1759.77IU (35.2%), Vitamin B2: 0.46mg (27.03%), Folate: 107.81µg (26.95%), Vitamin B1: 0.35mg (23.17%), Manganese: 0.41mg (20.35%), Iron: 3.04mg (16.89%), Phosphorus: 166.04mg (16.6%), Vitamin B3: 2.23mg (11.17%), Vitamin B5: 0.94mg (9.35%), Calcium: 89.15mg (8.92%), Magnesium: 35.34mg (8.84%), Zinc: 1.27mg (8.46%), Vitamin B12: 0.51µg (8.42%), Vitamin B6: 0.17mg (8.36%), Potassium: 243.78mg (6.97%), Vitamin D: 1.03µg (6.86%), Vitamin E: 0.98mg (6.53%), Copper: 0.13mg (6.44%), Vitamin C: 5.28mg (6.4%), Fiber: 1.48g (5.92%)