



Crunchy baked eggs

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 tbsp olive oil
- 1 bell pepper red deseeded sliced
- 3 plum tomatoes chopped
- 2 tbsp basil fresh chopped
- 50 g butter softened
- 1 garlic clove crushed
- 4 medium thick bread white
- 4 small eggs

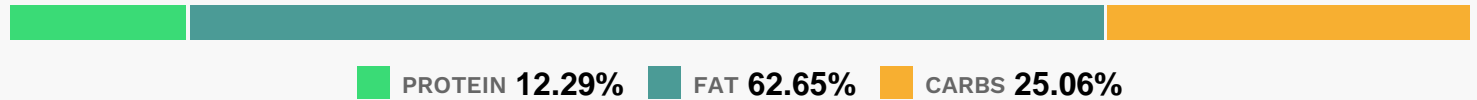
Equipment

oven

Directions

- Heat oven to 180C/fan 160C/gas
- Heat the oil, then cook the pepper until soft, stirring occasionally.
- Add tomatoes and basil, then cook, stirring, until the liquid has evaporated. Season, then set aside.
- Meanwhile, mix the butter and garlic together and use to butter both sides of the bread.
- Remove the crusts. Push the bread slices into the bases of a greased four-cup Yorkshire pudding tin and bake for 15 mins.
- Remove from the oven and divide the pepper mixture between the 4 bread-lined cups. Make a well in the centre of each, crack an egg into each well, season, then bake for 10 mins until the eggs are set.
- Serve hot with a green salad and some basil leaves.

Nutrition Facts



Properties

Glycemic Index:73.69, Glycemic Load:9.71, Inflammation Score:-8, Nutrition Score:13.846521895865%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 260.35kcal (13.02%), Fat: 18.35g (28.24%), Saturated Fat: 8.34g (52.09%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 14.69g (5.34%), Sugar: 3.97g (4.41%), Cholesterol: 168.24mg (56.08%), Sodium: 257.42mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Vitamin C: 45.25mg (54.85%), Vitamin A: 2002.87IU (40.06%), Selenium: 17.74µg (25.34%), Vitamin K: 21.36µg (20.35%), Folate: 68.81µg (17.2%), Vitamin B2:

0.28mg (16.19%), Manganese: 0.29mg (14.68%), Vitamin E: 2mg (13.3%), Phosphorus: 128.3mg (12.83%), Vitamin B1: 0.18mg (11.89%), Vitamin B6: 0.23mg (11.3%), Iron: 1.89mg (10.52%), Vitamin B3: 1.82mg (9.12%), Calcium: 90.73mg (9.07%), Vitamin B5: 0.88mg (8.77%), Potassium: 270mg (7.71%), Fiber: 1.82g (7.3%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.36µg (5.99%), Magnesium: 22.45mg (5.61%), Copper: 0.11mg (5.26%), Vitamin D: 0.76µg (5.07%)