



## Dipping Eggs

 Vegetarian

READY IN



11 min.

SERVINGS



2

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 slices bread
- 2 teaspoons butter
- 2 eggs

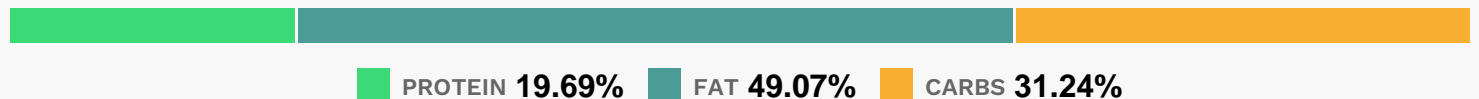
### Equipment

- frying pan
- sauce pan
- knife

## Directions

- Place eggs in a single layer in a saucepan.
- Pour enough water into the saucepan to cover eggs by at least 1 inch (2.5 cm).
- Bring water to a boil over high heat. Immediately remove pan from heat to stop boiling. Cover saucepan and let eggs stand in water for 2 to 4 minutes until cooked as desired.
- Drain water; immediately run cold water over eggs to cool them a little.
- Place eggs in egg cups.
- Toast bread; spread with butter.
- Cut toast into 1-inch (2.5 cm) strips.
- Crack tops off eggs with knife.
- Serve toast strips with eggs for dipping into soft yolks.

## Nutrition Facts



## Properties

Glycemic Index:54.33, Glycemic Load:7.15, Inflammation Score:-3, Nutrition Score:7.9113042902039%

## Nutrients (% of daily need)

Calories: 175.49kcal (8.77%), Fat: 9.51g (14.63%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 12.5g (4.55%), Sugar: 1.77g (1.97%), Cholesterol: 174.43mg (58.14%), Sodium: 227.07mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.17%), Selenium: 21.62µg (30.89%), Manganese: 0.35mg (17.3%), Vitamin B2: 0.27mg (16.08%), Phosphorus: 124.44mg (12.44%), Folate: 44.63µg (11.16%), Iron: 1.78mg (9.88%), Vitamin B5: 0.91mg (9.1%), Vitamin B1: 0.13mg (8.86%), Vitamin B3: 1.6mg (8%), Vitamin A: 363.11IU (7.26%), Vitamin B12: 0.4µg (6.67%), Calcium: 60.84mg (6.08%), Vitamin D: 0.88µg (5.87%), Zinc: 0.86mg (5.76%), Vitamin B6: 0.11mg (5.3%), Fiber: 1.12g (4.48%), Magnesium: 16.86mg (4.22%), Vitamin E: 0.63mg (4.21%), Copper: 0.07mg (3.66%), Potassium: 101.4mg (2.9%), Vitamin K: 1.85µg (1.77%)