



Egg in a Hole with Berries and Yogurt

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 cup poached berries such as blueberries, raspberries, or blackberries
- ☐ 2 slices bread whole-wheat
- ☐ 2 tablespoons butter softened
- ☐ 2 large eggs
- ☐ 4 servings kosher salt and pepper
- ☐ 1 cup yogurt plain

Equipment

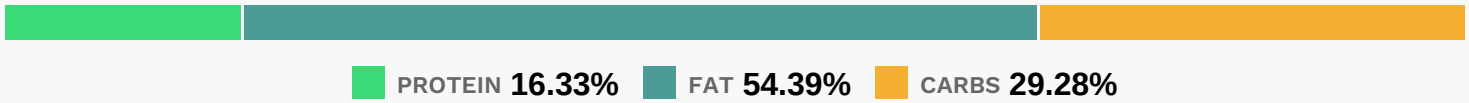
- ☐ bowl

- ☐ frying pan
- ☐ cookie cutter

Directions

- ☐ Spread the top of each slice of bread with 1/2 tablespoon of the butter. Using a round cookie cutter or drinking glass, cut a 2 1/2- to 3-inch hole in the center of each slice of bread, reserving the cutout pieces.
- ☐ Heat the remaining 1 1/2 tablespoons of butter in a large nonstick or cast-iron skillet over medium heat.
- ☐ Place the bread and the cutouts, buttered-side up, in the skillet. Crack 1 egg into each hole. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook until the underside of the bread is golden, 3 to 4 minutes. Flip and cook the egg to desired doneness, 1 to 2 minutes for a runny yolk. Divide the berries and yogurt between two bowls and sprinkle with the almonds (if using).
- ☐ Serve with the eggs.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:4.51, Inflammation Score:-5, Nutrition Score:8.5921738355056%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 177.14kcal (8.86%), Fat: 10.86g (16.7%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 10.68g (3.88%), Sugar: 5.51g (6.12%), Cholesterol: 116.01mg (38.67%), Sodium: 369.05mg (16.05%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.67%), Manganese: 0.41mg (20.47%), Selenium: 13.27µg (18.96%), Vitamin B2: 0.25mg (14.6%), Phosphorus: 135.35mg (13.53%), Calcium: 117.85mg (11.79%), Fiber: 2.47g (9.87%), Vitamin C: 7.89mg (9.57%), Folate: 37.15µg (9.29%), Vitamin A: 447.89IU (8.96%), Vitamin B5: 0.84mg (8.43%), Vitamin K: 8.5µg (8.1%), Vitamin B12: 0.46µg (7.68%), Zinc: 1.03mg (6.85%), Iron: 1.2mg (6.66%), Vitamin B1: 0.09mg (6.19%), Vitamin E: 0.91mg (6.06%), Potassium: 209.22mg (5.98%), Magnesium: 23.43mg (5.86%), Vitamin B3: 1.08mg (5.41%), Copper: 0.1mg (5.19%), Vitamin B6: 0.09mg (4.43%), Vitamin D: 0.56µg (3.74%)