

## Egg in the Middle



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



258 kcal

SIDE DISH

## Ingredients

- ☐ 2 eggs
- ☐ 2 tablespoons olive oil
- ☐ 2 slices bread whole wheat

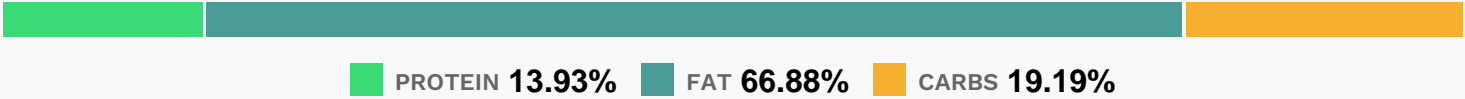
## Equipment

- ☐ frying pan
- ☐ cookie cutter
- ☐ spatula

# Directions

- ☐ First stamp a circle from the center of each slice of bread with a 2-inch cookie cutter and reserve.
- ☐ Heat 2 tablespoons of the oil in a frying pan or skillet over medium heat, add the bread and reserved rounds ('hats') and fry until the undersides are lightly golden.
- ☐ Turn the bread over, adding more oil if necessary.
- ☐ Carefully break the eggs and ease them into the holes. (Sometimes I drain off a little of the white, but this is not a rule.)
- ☐ Reduce the heat and cook until the whites are set and the yolks are beginning to set, but are still soft.
- ☐ Using a spatula, transfer the slices of bread and eggs to a plate, with their hats over the yolks, and serve.
- ☐ Egg in the Middle, from How to Boil an Egg, all illustrations © Fiona Strickland, courtesy Phaidon Press

## Nutrition Facts



## Properties

Glycemic Index:34.85, Glycemic Load:7.24, Inflammation Score:-2, Nutrition Score:9.4513044046319%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 257.8kcal (12.89%), Fat: 19.18g (29.51%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 10.7g (3.89%), Sugar: 1.4g (1.55%), Cholesterol: 163.68mg (54.56%), Sodium: 188.76mg (8.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Manganese: 0.61mg (30.51%), Selenium: 20.73µg (29.62%), Vitamin E: 2.63mg (17.53%), Phosphorus: 146.48mg (14.65%), Vitamin B2: 0.25mg (14.56%), Vitamin K: 10.74µg (10.23%), Iron: 1.57mg (8.7%), Vitamin B5: 0.87mg (8.67%), Vitamin B1: 0.13mg (8.47%), Folate: 32.44µg (8.11%), Zinc: 1.06mg (7.07%), Calcium: 70.42mg (7.04%), Vitamin B6: 0.14mg (6.76%), Fiber: 1.68g (6.72%), Magnesium: 26.84mg (6.71%), Vitamin B12: 0.39µg (6.53%), Vitamin B3: 1.27mg (6.37%), Vitamin D: 0.88µg (5.87%), Vitamin A: 238.44IU (4.77%), Copper: 0.09mg (4.75%), Potassium: 130.86mg (3.74%)