



Egg, Kale, and Tomato Breakfast Wraps with Hummus



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 large eggs at room temperature
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 1.3 cups grape tomatoes halved
- ☐ 0.3 cup water plain store-bought

- ☐ 5 large kale
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 large shallots chopped
- ☐ 4 10-inch tortillas whole-wheat ()

Equipment

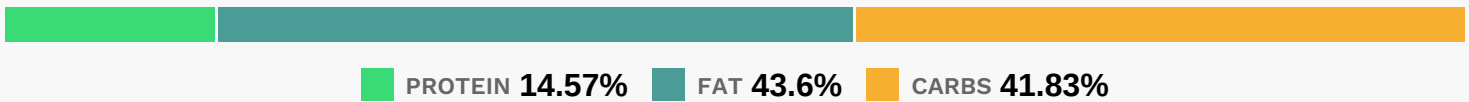
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Cut away and discard the stem from the center of each kale leaf. Coarsely chop the kale into 1-inch pieces. It will look like you have a lot of kale but it will cook down considerably.
- ☐ Heat the oil in a large nonstick skillet over medium heat.
- ☐ Add the tomatoes, shallot, garlic, thyme, and red pepper flakes, if using. Sauté until the tomatoes and shallot soften, about 4 minutes.
- ☐ Add the kale and sprinkle with the salt and pepper. Toss with 2 wooden spoons until the kale wilts but is still bright green, about 2 minutes. Stir in the basil.
- ☐ Remove from the heat.
- ☐ Fill a wide saucepan with enough water to measure 2 inches deep. Bring the water to a rolling boil over high heat. Break each egg into a separate tea cup. Turn off the heat under the saucepan. Immediately slide each egg from its cup into a different part of the water (the whites will spread out).
- ☐ Let the eggs stand until the whites are set and the yolks are still very soft to the touch, 3 to 4 minutes.

- ☐ Meanwhile, using tongs, toast each tortilla directly over high heat until beginning to blacken in spots, about 15 seconds per side.
- ☐ Put the warm tortillas on plates. Spoon 1 tablespoon of hummus on each tortilla and spread to cover, leaving a 1-inch border. Divide the kale mixture over the hummus.
- ☐ Using a slotted spoon, lift each egg from the water, wiping excess liquid from the bottom of the spoon with paper towels.
- ☐ Put the eggs on top of the kale. Slit the yolks and press on the eggs a bit so the yolks begin to run (this will make them easier to eat). Fold up the bottom of each tortilla and then fold in the sides, leaving the wraps open at the top.
- ☐ Serve.
- ☐ Giada's Feel Good Food
- ☐ Reprinted from Giada's Feel Good Food Copyright © 2013 by GDL Foods Inc. Photographs copyright © 2013 by Amy Neunsinger. Published by Clarkson Potter, a division of Random House LLC. GIADA DE LAURENTIIS is the Emmy award-winning star of Food Network's Everyday Italian, Giada at Home, and Giada in Paradise; a judge on Food Network Star; a contributing correspondent for NBC's Today show; and the author of six New York Times bestselling books. She attended the Cordon Bleu cooking school in Paris and worked at Wolfgang Puck's Spago restaurant before starting her own catering company, GDL Foods. Born in Rome, she grew up in Los Angeles, where she now lives with her husband, Todd, and their daughter, Jade.

Nutrition Facts



Properties

Glycemic Index:83.63, Glycemic Load:12.16, Inflammation Score:-10, Nutrition Score:22.355652021325%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg Kaempferol: 6.48mg, Kaempferol: 6.48mg, Kaempferol: 6.48mg, Kaempferol: 6.48mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 394.37kcal (19.72%), Fat: 19.17g (29.49%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 36.5g (13.27%), Sugar: 4.63g (5.15%), Cholesterol: 186mg (62%), Sodium: 947.07mg (41.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.83%), Vitamin K: 73.28µg (69.79%), Selenium: 31.8µg (45.42%), Vitamin A: 2158.58IU (43.17%), Manganese: 0.71mg (35.46%), Folate: 121.02µg (30.26%), Phosphorus: 296.8mg (29.68%), Vitamin B2: 0.5mg (29.38%), Vitamin B1: 0.44mg (29.36%), Vitamin C: 21.26mg (25.77%), Iron: 4.44mg (24.65%), Fiber: 4.87g (19.5%), Calcium: 186.34mg (18.63%), Vitamin B3: 3.71mg (18.57%), Vitamin B6: 0.26mg (13.02%), Vitamin E: 1.92mg (12.77%), Copper: 0.25mg (12.28%), Magnesium: 45.74mg (11.43%), Potassium: 387.13mg (11.06%), Zinc: 1.5mg (9.99%), Vitamin B5: 0.99mg (9.9%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)