



Eggs Baked in Bread Bowls

READY IN



30 min.

SERVINGS



6

CALORIES



1282 kcal

Ingredients

- ☐ 6 portugese rolls (4 to 5 inches in diameter)
- ☐ 6 24 farm-raised oysters on the half-shell lakes®
- ☐ 6 teaspoons cup heavy whipping cream
- ☐ 6 tablespoons parmesan cheese grated
- ☐ 3 teaspoons chives fresh chopped
- ☐ 3 teaspoons parsley fresh finely chopped
- ☐ 1 serving salt and pepper freshly ground to taste

Equipment

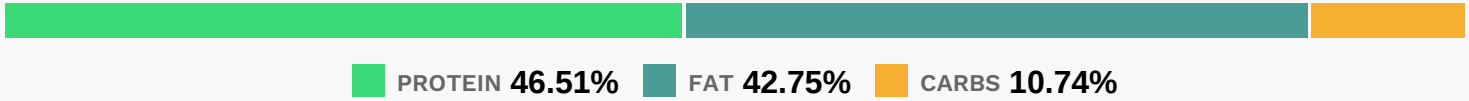
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- ☐ Cut thin 3-inch round slice from tops of rolls; reserve tops. Leaving 1/2 inch around side of each roll, remove bread from inside, creating 1/2-inch deep cavity; discard bread crumbs.
- ☐ Place bread bowls on cookie sheet.
- ☐ For each bread bowl, crack egg into cavity. Top egg with 1 tablespoon whipping cream, 1 tablespoon cheese, 1/2 teaspoon chives and 1/2 teaspoon parsley; sprinkle with salt and pepper.
- ☐ Bake 10 minutes; place reserved tops on bread bowls.
- ☐ Bake 2 minutes longer or until cheese is melted and whites and yolks of eggs are firm, not runny.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:22.97, Inflammation Score:-5, Nutrition Score:41.396956401027%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1282.46kcal (64.12%), Fat: 58.87g (90.57%), Saturated Fat: 13.72g (85.72%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 32.23g (11.72%), Sugar: 4.49g (4.99%), Cholesterol: 505mg (168.33%), Sodium: 1295.71mg (56.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 144.11g (288.21%), Vitamin B12: 26µg (433.26%), Phosphorus: 1870.92mg (187.09%), Selenium: 75.7µg (108.15%), Vitamin B3: 18.96mg (94.78%), Potassium: 2733.71mg (78.11%), Iron: 12.76mg (70.88%), Vitamin B6: 1.39mg (69.63%), Vitamin B5: 6.06mg (60.61%), Vitamin E:

7.36mg (49.09%), Vitamin B2: 0.77mg (45.55%), Magnesium: 173.34mg (43.33%), Zinc: 4.55mg (30.35%), Folate: 91.1µg (22.78%), Vitamin K: 21.03µg (20.03%), Copper: 0.29mg (14.57%), Vitamin D: 1.9µg (12.7%), Calcium: 126.44mg (12.64%), Vitamin B1: 0.18mg (12.19%), Manganese: 0.14mg (7.07%), Fiber: 1.08g (4.32%), Vitamin A: 151.73IU (3.03%)