



Eggs Baked in Yogurt with Spinach, Tomatoes & Watercress

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach leaves packed
- ☐ 12 cherry tomatoes halved
- ☐ 4 large eggs
- ☐ 1 clove garlic minced peeled
- ☐ 4 servings paprika to taste
- ☐ 2 cup greek yogurt plain
- ☐ 4 servings salt and pepper as needed

- ☐ 2 tablespoon scallions thinly sliced
- ☐ 1 bunch watercress

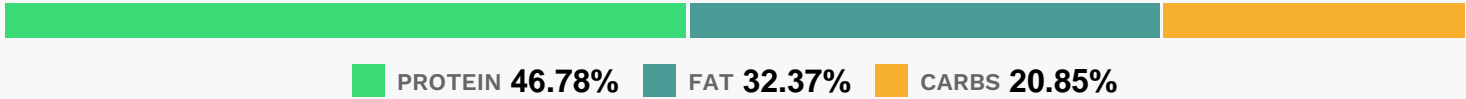
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees. Stir together yogurt, scallions, garlic, a pinch of salt, and a few grinds of pepper in a bowl. Divide the baby spinach evenly between between each of four (4 to 5-inch) covered, ovenproof ramekins (foil makes a fine lid too). Spoon ½ cup yogurt on top of the spinach, smoothing to cover completely. Make a slight indent in the center of the yogurt and carefully break an egg onto each one, keeping the yolk intact. Season with more salt and pepper.
- ☐ Lay six cherry tomato halves around each of the eggs, avoiding the yolk. Cover the ramekins with lids or foil and place them on a rimmed baking sheet.
- ☐ Bake until yogurt is just firm, and the eggs whites are set, about 20 to 25 minutes, depending on size and material of your ramekins.To serve, top each with some watercress, and a sprinkle paprika.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:16.995217426963%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 151.81kcal (7.59%), Fat: 5.48g (8.44%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 6.6g (2.4%), Sugar: 5.05g (5.61%), Cholesterol: 191mg (63.67%), Sodium: 316.86mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.66%), Vitamin K: 61.26µg (58.34%), Vitamin A: 2441.16IU (48.82%), Selenium: 25.89µg (36.98%), Vitamin B2: 0.57mg (33.54%), Phosphorus: 265.24mg (26.52%), Vitamin C: 17.24mg (20.9%), Vitamin B12: 1.14µg (19.08%), Calcium: 167.75mg (16.78%), Folate: 55.17µg (13.79%), Vitamin B6: 0.27mg (13.3%), Potassium: 440.58mg (12.59%), Vitamin B5: 1.24mg (12.44%), Iron: 1.99mg (11.05%), Vitamin E: 1.63mg (10.9%), Manganese: 0.21mg (10.44%), Zinc: 1.4mg (9.34%), Magnesium: 33.18mg (8.3%), Vitamin D: 1µg (6.67%), Copper: 0.13mg (6.25%), Vitamin B1: 0.08mg (5.44%), Fiber: 1.35g (5.38%), Vitamin B3: 0.81mg (4.04%)