



Eggs en Cocotte with Couscous

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup couscous
- ☐ 6 large eggs
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 6 servings fresh-grated nutmeg
- ☐ 0.8 cup gruyère cheese shredded
- ☐ 0.5 pound mushrooms
- ☐ 6 servings salt
- ☐ 0.8 cup whipping cream

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ ramekin

Directions

- ☐ Rinse mushrooms; trim and discard discolored stem ends. With a knife or in a food processor, finely chop mushrooms. Put mushrooms and butter in a 10- to 12-inch frying pan over medium-high heat. Cover and stir occasionally until juicy, about 3 minutes. Uncover and stir often over high heat until mushrooms are lightly browned, about 15 minutes.
- ☐ Add broth and couscous to mushrooms; stir, cover, and remove from heat.
- ☐ Let stand 10 minutes. Stir couscous and season to taste with salt. Use hot or cool. If making up to 2 hours ahead, cover and let stand at room temperature; stir with a fork before using. Spoon couscous mixture equally into 6 ramekins (2 3/4 to 3 in. wide, 1 3/4 to 2 in. deep).
- ☐ In a bowl with a mixer on high speed, whip cream until it holds soft peaks. Spoon cream equally into ramekins. Break 1 egg onto cream in each ramekin, then sprinkle equally with cheese.
- ☐ Sprinkle nutmeg lightly over cheese. Set ramekins slightly apart in a rimmed pan (9 by 13 or 10 by 15 in.).
- ☐ Bake in 450 regular or convection oven until yolks are softly set (press gently with tip of a spoon to test), 8 to 10 minutes, or until firm, 12 to 14 minutes.
- ☐ Serve with spoons.
- ☐ Add salt to taste.

Nutrition Facts



 **PROTEIN 18.38%**  **FAT 63.98%**  **CARBS 17.64%**

Properties

Glycemic Index:27.83, Glycemic Load:7.46, Inflammation Score:-5, Nutrition Score:12.071304196897%

Nutrients (% of daily need)

Calories: 331.35kcal (16.57%), Fat: 23.68g (36.43%), Saturated Fat: 12.47g (77.94%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 13.18g (4.79%), Sugar: 2.46g (2.73%), Cholesterol: 237.77mg (79.26%), Sodium: 493.66mg (21.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.31g (30.62%), Selenium: 22.6µg (32.28%), Vitamin B2: 0.5mg (29.39%), Phosphorus: 279.97mg (28%), Calcium: 224.14mg (22.41%), Vitamin A: 949.25IU (18.98%), Vitamin B5: 1.7mg (17.05%), Vitamin B12: 0.81µg (13.53%), Zinc: 1.72mg (11.49%), Copper: 0.22mg (11.23%), Vitamin D: 1.65µg (11%), Manganese: 0.21mg (10.39%), Vitamin B3: 2.07mg (10.37%), Folate: 37.38µg (9.35%), Vitamin B6: 0.17mg (8.5%), Potassium: 268.46mg (7.67%), Iron: 1.37mg (7.59%), Magnesium: 27.69mg (6.92%), Vitamin B1: 0.1mg (6.56%), Vitamin E: 0.92mg (6.14%), Fiber: 1.51g (6.06%), Vitamin K: 1.55µg (1.47%), Vitamin C: 1.04mg (1.26%)