



Eggs Florentine

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large eggs
- ☐ 6 muffins split english toasted
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups milk 1% low-fat
- ☐ 0.3 teaspoon paprika
- ☐ 1.5 ounces parmesan fresh grated
- ☐ 0.3 teaspoon salt

☐ 30 ounce spinach frozen dry thawed drained chopped

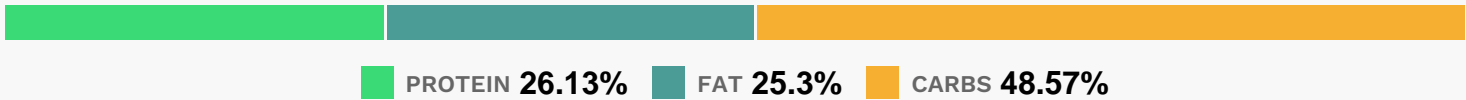
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Press spinach into the bottom of a 13 x 9-inch baking dish coated with cooking spray. Form 6 (3-inch) indentations in spinach layer using the back of a spoon or bottom of a large custard cup. Break an egg into each indentation.
- ☐ Combine flour, salt, and red pepper in a medium saucepan. Gradually add the milk, stirring with a whisk until blended.
- ☐ Place milk mixture over medium heat, and cook until thick (about 8 minutes), stirring constantly.
- ☐ Remove from heat; add cheese, stirring until cheese melts.
- ☐ Pour cheese sauce over eggs and spinach; sprinkle with paprika.
- ☐ Bake at 350 for 25 minutes or until egg yolks are almost set.
- ☐ Cut spinach-egg mixture into 6 portions; serve each portion over 2 English muffin halves, and sprinkle with black pepper.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:20.66, Inflammation Score:-10, Nutrition Score:33.459130494491%

Nutrients (% of daily need)

Calories: 322.39kcal (16.12%), Fat: 9.22g (14.19%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 34.03g (12.37%), Sugar: 5.09g (5.65%), Cholesterol: 194.75mg (64.92%), Sodium: 681.65mg (29.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.88%), Vitamin K: 527.9µg (502.76%), Vitamin A: 17159.7IU (343.19%), Folate: 259.16µg (64.79%), Manganese: 1.26mg (62.89%), Vitamin B2: 0.79mg (46.33%), Calcium: 424.77mg (42.48%), Selenium: 28.39µg (40.55%), Phosphorus: 379.04mg (37.9%), Magnesium: 138.02mg (34.51%), Vitamin E: 4.71mg (31.38%), Iron: 4.32mg (24.02%), Fiber: 5.81g (23.25%), Vitamin B1: 0.33mg (22.26%), Potassium: 773.6mg (22.1%), Vitamin B6: 0.41mg (20.58%), Vitamin B12: 1.03µg (17.21%), Copper: 0.32mg (16.2%), Zinc: 2.4mg (16.02%), Vitamin B5: 1.49mg (14.9%), Vitamin D: 1.9µg (12.67%), Vitamin B3: 1.99mg (9.96%), Vitamin C: 7.89mg (9.56%)