



Eggs in Purgatory with Artichoke Hearts, Potatoes and Capers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce frangelico diced canned (preferably fire-roasted)
- ☐ 2 tablespoons capers drained
- ☐ 4 servings kosher salt
- ☐ 8 large eggs
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 8 ounce artichoke hearts frozen thawed drained
- ☐ 2 garlic clove minced

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 cups onion chopped
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 8 ounces potatoes peeled cut into 1/2-inch cubes

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat olive oil in heavy large skillet over medium heat.
- ☐ Add chopped onion, chopped thyme, and crushed red pepper; sprinkle lightly with coarse kosher salt and sauté until onion is tender and golden brown, about 10 minutes.
- ☐ Add artichokes and minced garlic; stir 1 minute. Stir in diced tomatoes with juice and bring to boil. Reduce heat; cover skillet and simmer 15 minutes to allow flavors to blend.
- ☐ Meanwhile, cook potatoes in small saucepan of boiling salted water just until tender, about 8 minutes.
- ☐ Drain.
- ☐ Add potatoes and capers to tomato-artichoke sauce; cover and simmer 5 minutes. Season to taste with coarse salt and pepper. DO AHEAD: Tomato-artichoke sauce can be made up to 6 hours ahead. Cool slightly, then cover and refrigerate. Rewarm sauce before continuing.
- ☐ Preheat oven to 375°F.
- ☐ Pour tomato-artichoke sauce into 13 x 9 x 2-inch glass baking dish. Using back of spoon, make 8 evenly spaced indentations in sauce for holding eggs. Crack 1 egg into each indentation in sauce (some of eggs may run together slightly in spots).
- ☐ Bake until egg whites and yolks are softly set, 12 to 16 minutes. Carefully remove baking dish from oven; sprinkle grated Parmesan cheese over and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:8.68, Inflammation Score:-9, Nutrition Score:19.296521663666%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 19.5mg, Quercetin: 19.5mg, Quercetin: 19.5mg, Quercetin: 19.5mg

Nutrients (% of daily need)

Calories: 364.98kcal (18.25%), Fat: 22.79g (35.07%), Saturated Fat: 5.99g (37.43%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 17.86g (6.49%), Sugar: 3.41g (3.79%), Cholesterol: 379.25mg (126.42%), Sodium: 629.49mg (27.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.28%), Selenium: 34.51µg (49.3%), Vitamin B2: 0.61mg (36.1%), Folate: 140.9µg (35.22%), Phosphorus: 337.94mg (33.79%), Vitamin C: 20.86mg (25.28%), Vitamin B6: 0.49mg (24.54%), Fiber: 4.87g (19.46%), Manganese: 0.39mg (19.36%), Vitamin B5: 1.92mg (19.25%), Vitamin E: 2.75mg (18.36%), Potassium: 638.97mg (18.26%), Calcium: 170.46mg (17.05%), Iron: 3.01mg (16.72%), Vitamin B12: 1µg (16.71%), Vitamin A: 829.02IU (16.58%), Zinc: 2.16mg (14.39%), Vitamin D: 2.04µg (13.61%), Magnesium: 52.94mg (13.23%), Copper: 0.22mg (10.91%), Vitamin B1: 0.15mg (10.19%), Vitamin K: 9.35µg (8.91%), Vitamin B3: 1.32mg (6.6%)