

Eggs Oso Grande

READY IN



45 min.

SERVINGS



2

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bacon crumbled cooked
- ☐ 0.5 teaspoon basil dried
- ☐ 4 large eggs
- ☐ 2 muffins split english toasted
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 servings parmesan cheese freshly grated
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper

- ☐ 3 plum tomatoes ripe
- ☐ 0.3 teaspoon salt
- ☐ 9 ounce creamed spinach frozen

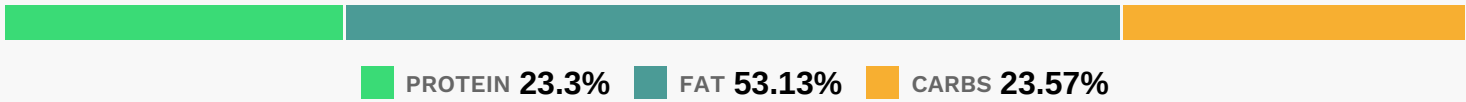
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Cook spinach according to package directions; keep warm.
- ☐ Cut tomatoes into 1/4-inch-thick slices; place in a 15- x 10-inch jellyroll pan.
- ☐ Sprinkle with oregano and basil; dot with butter, and sprinkle with 2 tablespoons Parmesan cheese.
- ☐ Broil tomato slices 6 inches from heat (with electric oven door partially open) 2 minutes.
- ☐ Bring 2 inches of water to a boil in a large saucepan; reduce heat to maintain a light simmer. Break eggs, 1 at a time, into a saucer; slip eggs, 1 at a time, into water, holding saucer close to surface of water. Simmer 5 minutes or until done.
- ☐ Remove with a slotted spoon, and trim edges, if desired.
- ☐ Top muffin halves evenly with tomato slices.
- ☐ Place a poached egg over tomato slices, and sprinkle evenly with salt and pepper. Top with creamed spinach, and sprinkle with freshly grated Parmesan cheese. Top with bacon, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:20.08, Inflammation Score:-10, Nutrition Score:46.255652427673%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 8.22mg, Kaempferol: 8.22mg, Kaempferol: 8.22mg, Kaempferol: 8.22mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 685.9kcal (34.29%), Fat: 40.75g (62.7%), Saturated Fat: 14.04g (87.77%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 34.85g (12.67%), Sugar: 3.4g (3.78%), Cholesterol: 426.21mg (142.07%), Sodium: 1950.68mg (84.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.21g (80.41%), Vitamin K: 632.22µg (602.12%), Vitamin A: 14101.34IU (282.03%), Folate: 333.77µg (83.44%), Selenium: 56.44µg (80.62%), Manganese: 1.6mg (79.95%), Phosphorus: 678.7mg (67.87%), Vitamin C: 48.69mg (59.02%), Vitamin B2: 0.99mg (58.31%), Calcium: 552.35mg (55.23%), Magnesium: 158.66mg (39.66%), Potassium: 1351.23mg (38.61%), Iron: 6.79mg (37.7%), Vitamin B6: 0.69mg (34.25%), Vitamin E: 4.98mg (33.17%), Zinc: 4.81mg (32.05%), Vitamin B1: 0.42mg (28.25%), Vitamin B12: 1.66µg (27.68%), Vitamin B3: 5.03mg (25.16%), Vitamin B5: 2.36mg (23.57%), Fiber: 5.83g (23.33%), Copper: 0.42mg (20.87%), Vitamin D: 2.27µg (15.14%)