



Eggs Poached in Curried Tomato Sauce

 Vegetarian  Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



370 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes diced undrained canned
- 2 teaspoons curry powder
- 4 large eggs
- 4 muffins whole-wheat split english toasted
- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic minced

- 0.3 cup green onions chopped
- 1 jalapeno minced
- 0.4 teaspoon kosher salt
- 0.5 cup coconut milk light
- 1.5 cups onion chopped
- 2 tablespoons vegetable oil; peanut oil preferred
- 1 Dash sugar

Equipment

- bowl
- frying pan
- colander

Directions

- Heat oil in a large skillet over medium-high heat.
- Add onion and next 3 ingredients (through jalapeo); saut 5 minutes or until vegetables are tender, stirring occasionally.
- Add curry powder and next 3 ingredients (through sugar); cook 2 minutes, stirring constantly.
- Drain tomatoes in a colander over a bowl; reserve liquid.
- Add tomatoes to pan; cook 5 minutes, stirring frequently.
- Add half of reserved tomato liquid; bring to a boil.
- Add coconut milk and chopped cilantro; return to a boil. Cover, reduce heat, and simmer 10 minutes. If sauce is too thick, add remaining reserved tomato liquid; maintain the heat so that the sauce bubbles gently.
- Break each egg into a custard cup, and pour gently into pan over sauce. Cover and cook for 5 minutes, just until the whites are set and the yolks have filmed over but are still runny. Arrange 1 muffin, cut sides up, on each of 4 plates. Carefully scoop 1 egg and about 1/2 cup sauce onto each serving.
- Sprinkle each serving with 1 tablespoon green onions; garnish with cilantro leaves, if desired.

Nutrition Facts

PROTEIN 16.14% FAT 35.66% CARBS 48.2%

Properties

Glycemic Index:78.27, Glycemic Load:5.87, Inflammation Score:-8, Nutrition Score:27.929565305295%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.12mg, Quercetin: 14.12mg, Quercetin: 14.12mg, Quercetin: 14.12mg

Nutrients (% of daily need)

Calories: 369.81kcal (18.49%), Fat: 15.43g (23.74%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 46.93g (15.64%), Net Carbohydrates: 37.57g (13.66%), Sugar: 16.71g (18.56%), Cholesterol: 186mg (62%), Sodium: 784.82mg (34.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.44%), Manganese: 1.59mg (79.68%), Selenium: 40.36µg (57.65%), Fiber: 9.37g (37.47%), Vitamin C: 29.39mg (35.62%), Phosphorus: 352.17mg (35.22%), Vitamin E: 4.79mg (31.92%), Vitamin K: 32.55µg (31%), Vitamin B6: 0.61mg (30.43%), Iron: 5.47mg (30.39%), Copper: 0.57mg (28.73%), Calcium: 275.95mg (27.6%), Potassium: 926.52mg (26.47%), Vitamin B2: 0.44mg (26.13%), Vitamin B1: 0.38mg (25.38%), Magnesium: 98.47mg (24.62%), Folate: 96.63µg (24.16%), Vitamin B3: 4.64mg (23.19%), Vitamin A: 946.44IU (18.93%), Vitamin B5: 1.83mg (18.32%), Zinc: 2.31mg (15.38%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)