



Eggs Poached in Curried Tomato Sauce



Vegetarian



Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



388 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 spring onion chopped
- ☐ 1 jalapeno minced
- ☐ 0.4 teaspoon kosher salt
- ☐ 0.5 cup lite 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 15.16%**  **FAT 34.49%**  **CARBS 50.35%**

Properties

Glycemic Index:97.02, Glycemic Load:24.38, Inflammation Score:0, Nutrition Score:21.838261023812%

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: 388.05kcal (19.4%), Fat: 15.26g (23.48%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 43.04g (15.65%), Sugar: 12.1g (13.44%), Cholesterol: 186mg (62%), Sodium: 841.82mg (36.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.18%), Manganese: 0.78mg (38.84%), Vitamin C: 29.45mg (35.69%), Vitamin K: 31.98µg (30.46%), Vitamin E: 4.55mg (30.36%), Fiber: 7.09g (28.35%), Vitamin B6: 0.54mg (27.01%), Phosphorus: 267.24mg (26.72%), Vitamin B2: 0.45mg (26.6%), Copper: 0.53mg (26.37%), Iron: 4.58mg (25.45%), Potassium: 881.49mg (25.19%), Selenium: 17.39µg (24.84%), Folate: 89.79µg (22.45%), Vitamin B1: 0.31mg (20.86%), Vitamin A: 943.59IU (18.87%), Vitamin B3: 3.59mg (17.94%), Magnesium: 69.97mg (17.49%), Vitamin B5: 1.69mg (16.91%), Calcium: 154.54mg (15.45%), Zinc: 1.79mg (11.96%), Vitamin B12: 0.47µg (7.8%), Vitamin D: 1µg (6.67%)