



Eggs Poached in Tomato Sauce with Onions and Peppers

READY IN



25 min.

SERVINGS



4

CALORIES



300 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 ounce bread whole-wheat 100% toasted
- ☐ 4 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green sliced
- ☐ 2 cups lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 1 cup onion sliced
- ☐ 1 teaspoon oregano dried
- ☐ 4 teaspoons parmesan cheese fresh shaved
- ☐ 2 cups bell pepper red sliced
- ☐ 0.3 teaspoon salt

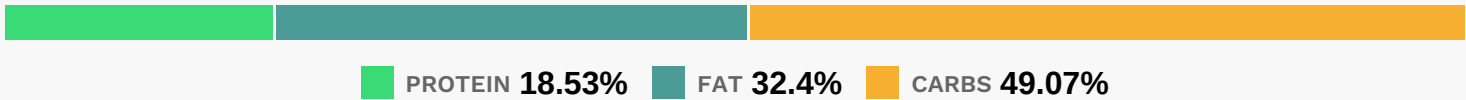
Equipment

- ☐ frying pan

Directions

- ☐ Heat a medium nonstick skillet over medium heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add bell peppers and onion; cook for 6 minutes, stirring occasionally.
- ☐ Add garlic, and cook for 2 minutes, stirring frequently. Reduce heat to medium-low. Stir in marinara sauce and oregano; cook for 3 minutes, stirring occasionally.
- ☐ Form 4 (3-inch) indentations in vegetable mixture using back of a spoon. Break 1 egg into each indentation; sprinkle salt and black pepper evenly over eggs. Cover and cook 6 minutes or until eggs are desired degree of doneness.
- ☐ Arrange 1 toast slice on each of 4 plates. Top each slice with 1/2 cup sauce and 1 egg.
- ☐ Sprinkle each serving with 1 1/2 teaspoons parsley and 1 teaspoon cheese.

Nutrition Facts



Properties

Glycemic Index:74.67, Glycemic Load:15.01, Inflammation Score:-10, Nutrition Score:28.516087241795%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 299.69kcal (14.98%), Fat: 11.18g (17.2%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 31.34g (11.4%), Sugar: 12.76g (14.18%), Cholesterol: 186.68mg (62.23%), Sodium: 1021.44mg (44.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.78%), Vitamin C: 140.07mg (169.78%), Vitamin A: 3458.11IU (69.16%), Vitamin K: 50.49µg (48.09%), Manganese: 0.9mg (45.11%), Selenium: 29.08µg (41.54%), Vitamin B6: 0.63mg (31.37%), Folate: 120.63µg (30.16%), Vitamin B2: 0.51mg (29.98%), Vitamin E: 4.31mg (28.72%), Fiber: 6.76g (27.03%), Iron: 4.49mg (24.93%), Phosphorus: 236.68mg (23.67%), Vitamin B3: 4.65mg (23.24%), Potassium: 799.61mg (22.85%), Vitamin B1: 0.31mg (20.68%), Vitamin B5: 1.84mg (18.44%), Magnesium: 61.86mg (15.46%), Copper: 0.31mg (15.27%), Calcium: 142.42mg (14.24%), Zinc: 1.74mg (11.61%), Vitamin B12: 0.46µg (7.62%), Vitamin D: 1µg (6.7%)