



Eggs Sardou

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons cornstarch
- ☐ 2 teaspoons dijon mustard
- ☐ 4 eggs
- ☐ 9 ounce artichoke hearts frozen thawed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.7 cup milk 1% low-fat
- ☐ 2 teaspoons butter
- ☐ 0.5 cup onion chopped
- ☐ 3 tablespoons parmesan cheese divided grated

- ☐ 0.1 teaspoon salt
- ☐ 8 cups tightly torn spinach fresh packed
- ☐ 0.3 cup water
- ☐ 1 ounce bread whole wheat

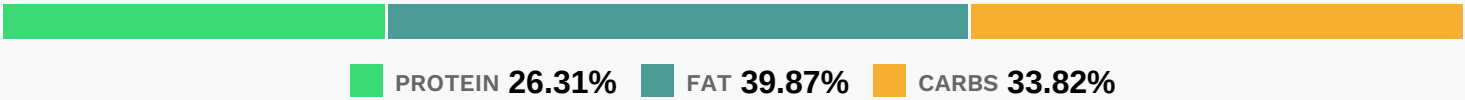
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Coat a skillet with cooking spray.
- ☐ Place over medium-high heat until hot.
- ☐ Add onion and artichokes; saute until tender.
- ☐ Add spinach and 1/4 cup water; toss mixture lightly. Cover and cook 5 minutes or until spinach wilts. Uncover and cook until liquid evaporates.
- ☐ Add 2 tablespoons cheese; stir well.
- ☐ Add water to a large saucepan to a depth of 2 inches. Bring to a boil; reduce heat, and maintain at a simmer. Break eggs, one at a time, into water. Simmer 7 to 9 minutes or until internal temperature of eggs reaches 16
- ☐ Remove eggs with a slotted spoon, and keep warm.
- ☐ Place cornstarch in a saucepan; add milk, stirring with a wire whisk. Cook mixture over medium heat, stirring constantly, until thickened.
- ☐ Remove from heat; add lemon juice and next 3 ingredients. Stir with a wire whisk until smooth.
- ☐ Remove crusts from bread; cut each bread slice in half diagonally, and toast.
- ☐ Place 4 bread triangles on each serving plate, and mound one-fourth of spinach mixture in center of toast, making an indentation in each mound of spinach with the back of a spoon.
- ☐ Place eggs in indentations. Top with sauce; sprinkle with remaining 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:26.319130503613%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 183.67kcal (9.18%), Fat: 8.5g (13.08%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 11.52g (4.19%), Sugar: 3.75g (4.17%), Cholesterol: 168.91mg (56.3%), Sodium: 378.15mg (16.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Vitamin K: 290.71µg (276.86%), Vitamin A: 6163.82IU (123.28%), Folate: 226.94µg (56.73%), Manganese: 0.9mg (44.95%), Vitamin C: 24.64mg (29.86%), Vitamin B2: 0.49mg (28.98%), Selenium: 19.18µg (27.4%), Phosphorus: 242.6mg (24.26%), Magnesium: 85.29mg (21.32%), Calcium: 198.3mg (19.83%), Potassium: 682.63mg (19.5%), Fiber: 4.71g (18.84%), Iron: 3.01mg (16.7%), Vitamin B6: 0.32mg (15.77%), Vitamin E: 1.85mg (12.31%), Vitamin B12: 0.68µg (11.41%), Vitamin B1: 0.17mg (11.23%), Vitamin B5: 1.08mg (10.8%), Zinc: 1.6mg (10.68%), Vitamin D: 1.33µg (8.88%), Copper: 0.18mg (8.78%), Vitamin B3: 1.42mg (7.11%)