



Farm Eggs with Watercress and Parsley Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 2 tablespoons kosher salt
- ☐ 10 large eggs room temperature (preferably local farm eggs)
- ☐ 1 small garlic clove thinly sliced
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup parsley fresh italian coarsely chopped
- ☐ 2 tablespoons water boiling
- ☐ 0.3 cup watercress coarsely chopped

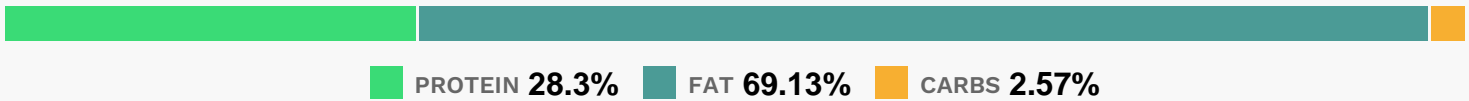
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ ramekin

Directions

- ☐ Place eggs in single layer in large saucepan.
- ☐ Pour enough water over eggs to cover by 1 1/2 inches.
- ☐ Add 2 tablespoons coarse salt and bring to boil over high heat.
- ☐ Remove from heat; cover saucepan tightly and let stand 8 minutes.
- ☐ Drain. Return eggs to pan; cover with lid and shake pan to crack egg shells.
- ☐ Place eggs in large bowl of ice water and cool 5 minutes. Peel eggs and set aside.
- ☐ Place garlic in small ramekin; pour 2 tablespoons boiling water over and let stand 2 minutes.
- ☐ Transfer garlic with garlic liquid to blender.
- ☐ Add watercress, parsley, cayenne, and remaining 1/2 teaspoon coarse salt. With blender running, add olive oil in thin stream and blend until mixture is smooth. Season to taste with freshly ground black pepper. do ahead Eggs and watercress-parsley sauce can be made 4 hours ahead. Cover separately and chill. Bring sauce to room temperature before using.
- ☐ Cut eggs lengthwise into halves or quarters. If desired, cut off very thin slice from rounded side of each half or quarter so that eggs can stand upright. Arrange eggs on platter.
- ☐ Sprinkle lightly with salt and freshly ground pepper. Spoon watercress-parsley sauce over and around eggs and serve.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:6.3443478695724%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 91.75kcal (4.59%), Fat: 6.93g (10.67%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.2g (0.23%), Cholesterol: 186mg (62%), Sodium: 1467.73mg (63.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.77%), Vitamin K: 28.2µg (26.86%), Selenium: 15.41µg (22.01%), Vitamin B2: 0.23mg (13.62%), Phosphorus: 100.91mg (10.09%), Vitamin A: 433.91IU (8.68%), Vitamin B5: 0.78mg (7.77%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Folate: 25.89µg (6.47%), Vitamin E: 0.86mg (5.76%), Iron: 1mg (5.56%), Vitamin B6: 0.09mg (4.59%), Zinc: 0.67mg (4.47%), Calcium: 32.65mg (3.26%), Vitamin C: 2.47mg (3%), Potassium: 82.13mg (2.35%), Copper: 0.04mg (2.07%), Magnesium: 7.11mg (1.78%), Vitamin B1: 0.02mg (1.52%), Manganese: 0.03mg (1.38%)