



Florentine Eggs on English Muffins



Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



168 kcal

Ingredients

- ☐ 0.3 cup yogurt plain yoplait® (from 6-oz container)
- ☐ 1 tablespoon mayonnaise light
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 eggs
- ☐ 1 muffins split english toasted
- ☐ 0.5 cup baby spinach fresh
- ☐ 1 Dash pepper

Equipment

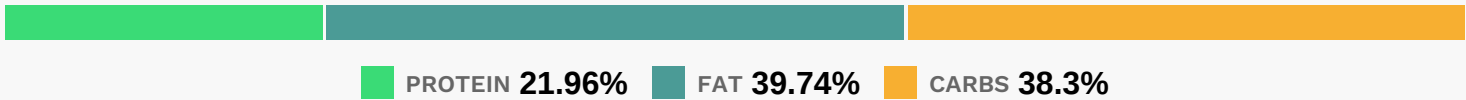
- ☐ bowl

- ☐ frying pan
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ In small microwavable bowl, mix yogurt, mayonnaise and mustard. Microwave on High 20 to 40 seconds or until warm. Stir; set aside.
- ☐ In 10-inch skillet, heat 1 1/2 to 2 inches water to boiling. Reduce heat to medium-low. Break each egg into shallow dish; carefully slide egg into hot water. Quickly spoon hot water over each egg until film forms over yolk. Simmer 3 to 5 minutes or until eggs are desired doneness.
- ☐ Meanwhile, spread about 2 tablespoons sauce on each English muffin half. Top each with half of the spinach leaves.
- ☐ With slotted spoon, remove eggs from water; place over spinach. Top each with half of remaining sauce; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:95, Glycemic Load:9.57, Inflammation Score:-6, Nutrition Score:9.6760869648146%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 167.85kcal (8.39%), Fat: 7.32g (11.26%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 14.87g (5.41%), Sugar: 1.89g (2.1%), Cholesterol: 168.78mg (56.26%), Sodium: 286.38mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Vitamin K: 40.28µg (38.36%), Selenium: 14.87µg (21.24%), Vitamin A: 977.25IU (19.55%), Vitamin B2: 0.3mg (17.86%), Phosphorus: 160.27mg (16.03%), Folate: 48.29µg (12.07%), Manganese: 0.19mg (9.73%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.52µg (8.61%), Calcium: 85.37mg (8.54%), Iron: 1.28mg (7.09%), Zinc: 1mg (6.67%), Vitamin D: 0.91µg (6.07%), Vitamin B1: 0.09mg (5.79%), Vitamin B6: 0.11mg (5.63%), Potassium: 192.08mg (5.49%), Magnesium: 21.69mg (5.42%), Vitamin E: 0.79mg (5.27%), Copper: 0.08mg (4.19%), Fiber: 1g (4%), Vitamin B3: 0.56mg (2.82%), Vitamin C: 2.29mg (2.78%)