



Foie Gras and Cream Eggs

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 4 large eggs
- ☐ 0.3 pound foie gras pate cut into 4 pieces
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 1.5 teaspoons parsley fresh italian chopped
- ☐ 4 slices truffle oil black cut into slivers thin
- ☐ 4 tablespoons whipping cream
- ☐ 2 slices sandwich bread white firm toasted quartered

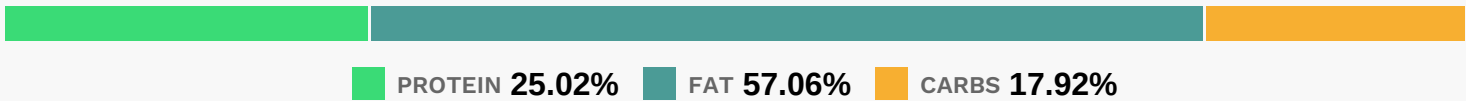
Equipment

- ☐ frying pan
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Lightly butter four 4-ounce ramekins or soufflé dishes.
- ☐ Cut each piece of pâté into 4 cubes. Divide pâté cubes among prepared dishes. Crack 1 egg into each dish, keeping yolks whole.
- ☐ Sprinkle with salt and pepper.
- ☐ Drizzle 1 tablespoon cream over each egg.
- ☐ Sprinkle truffle slivers over, if desired.
- ☐ Sprinkle with tarragon and parsley. Cover each dish tightly with foil.
- ☐ Fill large skillet with water to depth of 1/2 inch. Bring to simmer over medium heat.
- ☐ Add ramekins. Cook until egg whites are firm and yolks are still runny, about 8 minutes.
- ☐ Remove ramekins from water; remove foil and wipe ramekins dry.
- ☐ Serve on small plates with toasts.
- ☐ Foie gras pâté and mousse are sold at specialty foods stores and some supermarkets. Fresh black truffles (in jars) are sold at Italian markets and specialty foods stores; the most flavorful are European winter black truffles.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:28.45565242871%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 205.02kcal (10.25%), Fat: 12.89g (19.83%), Saturated Fat: 5.72g (35.75%), Carbohydrates: 9.11g (3.04%),
Net Carbohydrates: 8.76g (3.19%), Sugar: 1.29g (1.43%), Cholesterol: 348.95mg (116.32%), Sodium: 174.87mg (7.6%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.43%), Vitamin B12: 15.78µg (262.96%), Vitamin A:
9313.07IU (186.26%), Copper: 2.19mg (109.54%), Folate: 249.31µg (62.33%), Iron: 10.22mg (56.75%), Selenium:
38.04µg (54.34%), Vitamin B2: 0.55mg (32.33%), Vitamin B5: 2.63mg (26.25%), Phosphorus: 198.19mg (19.82%),
Vitamin B6: 0.34mg (16.77%), Vitamin B1: 0.25mg (16.51%), Vitamin B3: 2.55mg (12.76%), Zinc: 1.69mg (11.27%),
Calcium: 85.07mg (8.51%), Vitamin D: 1.24µg (8.27%), Manganese: 0.15mg (7.4%), Vitamin E: 0.83mg (5.57%),
Potassium: 185.95mg (5.31%), Magnesium: 19.85mg (4.96%), Vitamin C: 1.79mg (2.17%), Vitamin K: 1.87µg (1.78%),
Fiber: 0.34g (1.38%)