



Fried Eggs and Asparagus with Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 large eggs
- ☐ 2 oz parmesan freshly grated
- ☐ 2.5 tablespoons butter unsalted

Equipment

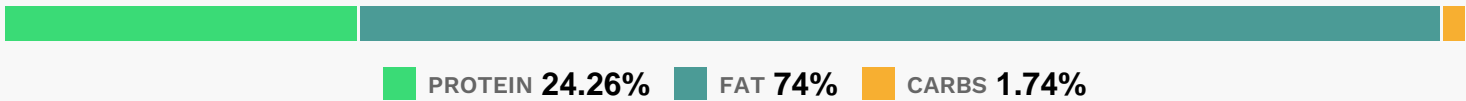
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ spatula

☐ tongs

Directions

- ☐ Set oven rack in upper third of oven, then preheat oven to 425°F.
- ☐ Cook asparagus in a large deep skillet of boiling salted water until crisp-tender, about 4 minutes.
- ☐ Transfer with tongs to paper towels to drain.
- ☐ Generously butter gratin dishes using 1/2 tablespoon butter total, then divide asparagus between them. Season with salt and pepper, then sprinkle with half of cheese.
- ☐ Heat remaining 2 tablespoons butter in a 10-inch nonstick skillet over moderately high heat until foam subsides, then fry eggs, seasoning with salt and pepper, until whites are barely set, about 2 minutes.
- ☐ Carefully transfer 2 eggs to each gratin dish with a slotted spatula, placing on top of asparagus.
- ☐ Sprinkle eggs with remaining cheese and drizzle with any butter remaining in skillet.
- ☐ Bake in upper third of oven until cheese is melted and eggs are cooked as desired, 4 to 5 minutes for runny yolks.
- ☐ If eggs are served with runny yolks, they will not be fully cooked, which may be of concern if there is a problem with salmonella in your area.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:14.070869557236%

Nutrients (% of daily need)

Calories: 379.61kcal (18.98%), Fat: 31.03g (47.73%), Saturated Fat: 16.77g (104.82%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.61g (0.67%), Cholesterol: 428.9mg (142.97%), Sodium: 598.08mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.77%), Selenium: 37.25µg (53.22%), Phosphorus: 398.95mg (39.89%), Calcium: 395.86mg (39.59%), Vitamin B2: 0.56mg (32.77%), Vitamin A: 1198.73IU (23.97%), Vitamin B12: 1.26µg (21%), Vitamin B5: 1.68mg (16.81%), Vitamin D: 2.4µg (16.03%), Zinc: 2.09mg (13.9%), Folate: 49.51µg (12.38%), Iron: 1.99mg (11.03%), Vitamin E: 1.52mg (10.12%), Vitamin B6: 0.2mg (9.82%), Magnesium:

24.82mg (6.21%), Potassium: 168.28mg (4.81%), Copper: 0.08mg (4.19%), Vitamin B1: 0.05mg (3.46%), Vitamin K: 2.01µg (1.91%), Manganese: 0.03mg (1.72%)