



Fried Eggs with Greens and Mushrooms

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 tablespoons butter unsalted
- 1 tablespoon sage
- 0.3 teaspoon pepper crushed
- 2 tablespoons olive oil extra virgin extra-virgin
- 10 ounces crimini mushrooms white sliced
- 1 serving coarse salt
- 2 garlic clove thinly sliced
- 6 cups the salad (such as collard, mustard, or kale cut into ¾-inch-wide ribbons),

- 2 tablespoons water
- 2 tablespoons butter unsalted
- 4 large eggs
- 1 serving parmesan cheese finely grated

Equipment

- frying pan
- sauce pan

Directions

- Make the sage-chile butter: Melt butter in a saucepan over medium heat.
- Add sage and red-pepper flakes. Simmer until sage is crisp, about 3 minutes.
- Heat a large, heavy skillet (preferably cast iron) over high heat. Swirl in oil. Cook mushrooms with 1/2 teaspoon salt until golden and tender, 4 to 5 minutes. Reduce heat to medium. Stir in garlic, then greens and water. Cook, stirring, until greens wilt.
- Add unsalted butter, and stir until melted.
- Push greens to make 4 wells. Crack 1 egg into each. Season with salt. Cook for 4 minutes.
- Let stand until whites are set but yolks are still runny, about 4 minutes.
- Drizzle with sage-chile butter.
- Garnish with cheese.

Nutrition Facts

 **PROTEIN 12.88%**  **FAT 79.1%**  **CARBS 8.02%**

Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:19.863478235576%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 345.49kcal (17.27%), Fat: 31.1g (47.85%), Saturated Fat: 14.54g (90.9%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.49g (2.36%), Sugar: 1.45g (1.61%), Cholesterol: 237.68mg (79.22%), Sodium: 275.75mg (11.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.4g (22.79%), Copper: 4.98mg (249.03%), Selenium: 37.09µg (52.99%), Vitamin B2: 0.64mg (37.85%), Vitamin A: 1578.46IU (31.57%), Phosphorus: 263.26mg (26.33%), Vitamin B5: 1.96mg (19.59%), Manganese: 0.39mg (19.33%), Vitamin C: 14.39mg (17.44%), Folate: 64.58µg (16.14%), Vitamin B3: 3.1mg (15.5%), Potassium: 523.48mg (14.96%), Vitamin E: 2.11mg (14.1%), Calcium: 133.18mg (13.32%), Zinc: 1.95mg (12.97%), Vitamin B6: 0.24mg (11.94%), Vitamin B12: 0.65µg (10.88%), Iron: 1.83mg (10.16%), Vitamin D: 1.42µg (9.49%), Vitamin B1: 0.12mg (7.74%), Magnesium: 25.21mg (6.3%), Vitamin K: 6.12µg (5.83%), Fiber: 0.61g (2.43%)