



Fried Eggs with Vegetable Confetti



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 large eggs
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 pint grape tomatoes quartered
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion cut into 1/4-inch dice
- ☐ 0.5 teaspoon salt
- ☐ 1 bell pepper yellow cut into 1/4-inch dice

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1 medium zucchini cut into 1/4-inch dice

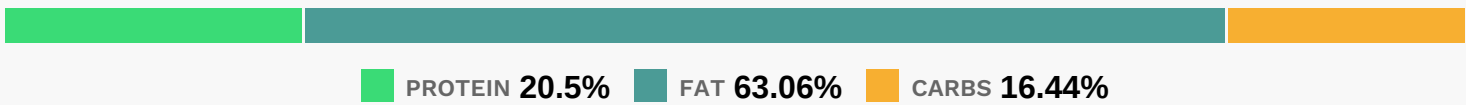
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat 2 tablespoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté bell pepper, onion, and garlic with salt, stirring, until softened, about 5 minutes.
- ☐ Add zucchini and tomatoes and sauté, stirring, until zucchini is tender, about 5 minutes. Stir in cilantro and salt and pepper to taste, then transfer vegetable confetti to a bowl and keep warm.
- ☐ Heat 2 teaspoons oil in cleaned skillet over moderately low heat and crack 4 eggs into skillet. Cook, uncovered, over low heat until whites are cooked, about 3 minutes, then transfer eggs with a spatula to 2 plates.
- ☐ Sprinkle eggs with salt and pepper and scatter one fourth of vegetable confetti on each plate. Repeat procedure with remaining oil, eggs, and confetti.
- ☐ · The eggs in this recipe are not fully cooked, which may be of concern if salmonella is a problem in your area.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:21.620869636536%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg

0.26mg, Myricetin: 0.26mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 287.92kcal (14.4%), Fat: 20.51g (31.56%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 9.29g (3.38%), Sugar: 5.91g (6.57%), Cholesterol: 372mg (124%), Sodium: 445.68mg (19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15g (30.01%), Vitamin C: 82.77mg (100.32%), Selenium: 31.33µg (44.75%), Vitamin A: 1818.58IU (36.37%), Vitamin B2: 0.55mg (32.11%), Phosphorus: 264.15mg (26.41%), Vitamin K: 24.42µg (23.25%), Vitamin B6: 0.46mg (22.76%), Folate: 90.76µg (22.69%), Vitamin E: 3.32mg (22.11%), Potassium: 668.07mg (19.09%), Vitamin B5: 1.85mg (18.45%), Manganese: 0.36mg (18.13%), Vitamin B12: 0.89µg (14.83%), Iron: 2.58mg (14.31%), Vitamin D: 2µg (13.33%), Zinc: 1.78mg (11.86%), Copper: 0.22mg (11.05%), Fiber: 2.74g (10.97%), Magnesium: 41.18mg (10.29%), Calcium: 90.51mg (9.05%), Vitamin B1: 0.13mg (8.81%), Vitamin B3: 1.33mg (6.66%)