



Herbed-Baked Eggs

READY IN



30 min.

SERVINGS



2

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings pepper black freshly ground
- 6 extra large eggs
- 2 servings bread french toasted for serving
- 1 tablespoon parsley fresh minced
- 0.3 teaspoon rosemary leaves fresh minced
- 0.3 teaspoon thyme leaves fresh minced
- 0.3 teaspoon garlic fresh minced
- 2 tablespoons heavy cream
- 2 servings kosher salt

- 1 tablespoon parmesan freshly grated
- 1 tablespoon butter unsalted

Equipment

- bowl
- baking sheet
- oven
- broiler

Directions

- Watch how to make this recipe.
- Preheat the broiler for 5 minutes and place the oven rack 6 inches below the heat.
- Combine the garlic, thyme, rosemary, parsley, and Parmesan and set aside. Carefully crack 3 eggs into each of 2 small bowls or teacups (you won't be baking them in these) without breaking the yolks. (It's very important to have all the eggs ready to go before you start cooking.)
- Place 2 individual gratin dishes on a baking sheet.
- Place 1 tablespoon of cream and 1/2 tablespoon of butter in each dish and place under the broiler for about 3 minutes, until hot and bubbly. Quickly, but carefully, pour 3 eggs into each gratin dish and sprinkle evenly with the herb mixture, then sprinkle liberally with salt and pepper.
- Place back under the broiler for 5 to 6 minutes, until the whites of the eggs are almost cooked. (Rotate the baking sheet once if they aren't cooking evenly.) The eggs will continue to cook after you take them out of the oven. Allow to set for 60 seconds and serve hot with toasted bread.

Nutrition Facts



Properties

Glycemic Index:123.25, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:18.835217434427%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 355.75kcal (17.79%), Fat: 27.77g (42.72%), Saturated Fat: 12.73g (79.53%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.15g (1.28%), Cholesterol: 658.66mg (219.55%), Sodium: 484.47mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.53%), Selenium: 53.01µg (75.72%), Vitamin B2: 0.81mg (47.92%), Phosphorus: 363.58mg (36.36%), Vitamin K: 34.49µg (32.85%), Vitamin A: 1503.46IU (30.07%), Vitamin B5: 2.65mg (26.49%), Vitamin B12: 1.56µg (26.02%), Vitamin D: 3.72µg (24.78%), Folate: 84.37µg (21.09%), Iron: 3.2mg (17.79%), Zinc: 2.32mg (15.47%), Vitamin B6: 0.3mg (15.1%), Calcium: 140.83mg (14.08%), Vitamin E: 2.09mg (13.92%), Potassium: 266.8mg (7.62%), Copper: 0.13mg (6.65%), Magnesium: 24.45mg (6.11%), Vitamin B1: 0.08mg (5.42%), Manganese: 0.08mg (4.02%), Vitamin C: 3.27mg (3.96%), Vitamin B3: 0.23mg (1.14%)