



Individual Oven-Coddled Eggs with Mashed Potatoes and Herbs

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaves
- ☐ 2 tablespoons butter ()
- ☐ 6 large eggs
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 6 tablespoons parmesan cheese freshly grated

- ☐ 0.3 cup shallots finely chopped
- ☐ 6 tablespoons whipping cream
- ☐ 0.5 cup milk whole
- ☐ 14 ounces yukon gold potatoes peeled cut into 1-inch pieces

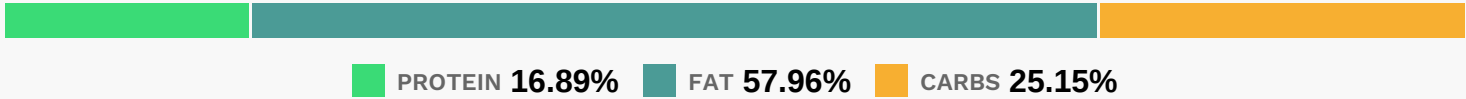
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Butter six 3/4-cup ramekins. Bring milk and bay leaf to simmer in small saucepan.
- ☐ Remove from heat. Cover; let steep 15 minutes. Discard bay leaf.
- ☐ Meanwhile, cook potatoes in medium saucepan of boiling salted water until very tender, about 15 minutes.
- ☐ Drain.
- ☐ Place potatoes in medium bowl.
- ☐ Add warm milk, shallots, butter, rosemary, and thyme; mash until smooth. Season to taste with salt and pepper. Divide potato mixture among ramekins. (Can be prepared 1 day ahead. Cover and chill. Bring to room temperature before continuing.)
- ☐ Preheat oven to 350°F. Carefully crack 1 egg over potatoes in each ramekin. Spoon 1 tablespoon cream over each egg.
- ☐ Sprinkle each with 1 tablespoon Parmesan.
- ☐ Place ramekins in 13x9x2-inch metal baking pan.
- ☐ Pour enough hot water into baking pan to come halfway up sides of ramekins.
- ☐ Bake until egg whites are gently set but yolks are still soft, about 17 minutes.
- ☐ Remove ramekins from baking pan.
- ☐ Sprinkle chives over and serve.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:9.25, Inflammation Score:-7, Nutrition Score:10.849130402441%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 247.95kcal (12.4%), Fat: 16.09g (24.75%), Saturated Fat: 8.59g (53.69%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 13.86g (5.04%), Sugar: 2.92g (3.24%), Cholesterol: 219.77mg (73.26%), Sodium: 205.5mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Selenium: 18.31µg (26.16%), Phosphorus: 205.64mg (20.56%), Vitamin B2: 0.33mg (19.39%), Vitamin C: 15.04mg (18.23%), Vitamin B6: 0.34mg (16.94%), Vitamin A: 745.91IU (14.92%), Potassium: 440.67mg (12.59%), Calcium: 122.28mg (12.23%), Vitamin B5: 1.13mg (11.31%), Vitamin B12: 0.65µg (10.9%), Folate: 39.72µg (9.93%), Vitamin D: 1.49µg (9.92%), Iron: 1.63mg (9.06%), Zinc: 1.23mg (8.19%), Manganese: 0.16mg (8.01%), Magnesium: 29.61mg (7.4%), Fiber: 1.85g (7.4%), Vitamin B1: 0.1mg (6.38%), Copper: 0.12mg (6.18%), Vitamin E: 0.82mg (5.46%), Vitamin K: 4.57µg (4.35%), Vitamin B3: 0.8mg (4.02%)