



Italian Eggs over Spinach and Polenta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces asiago cheese shredded
- ☐ 6 ounce baby spinach fresh
- ☐ 4 large eggs
- ☐ 16 ounce polenta cut into 12 slices
- ☐ 2 cups tomato basil sauce fat-free

Equipment

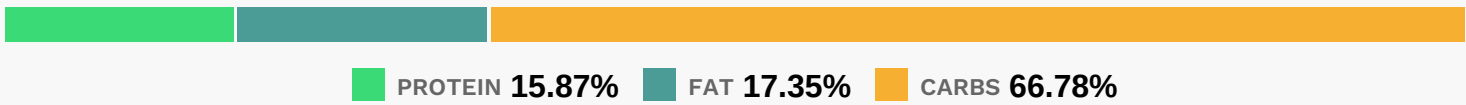
- ☐ frying pan
- ☐ baking sheet

- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Arrange polenta slices on a baking sheet coated with cooking spray. Coat tops of polenta with cooking spray. Broil 3 minutes or until thoroughly heated.
- ☐ While polenta heats, bring sauce to a simmer in a large nonstick skillet over medium-high heat. Stir in spinach; cover and cook for 1 minute or until spinach wilts. Stir to combine. Make 4 indentations in top of spinach mixture using the back of a wooden spoon. Break 1 egg into each indentation. Cover, reduce heat, and simmer 5 minutes or until eggs are desired degree of doneness.
- ☐ Sprinkle with cheese.
- ☐ Place 3 polenta slices on each of 4 plates; top each serving with one-fourth of spinach mixture and 1 egg.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:25.443478439165%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 602.55kcal (30.13%), Fat: 11.44g (17.6%), Saturated Fat: 4.33g (27.09%), Carbohydrates: 99.12g (33.04%), Net Carbohydrates: 94.38g (34.32%), Sugar: 5.7g (6.34%), Cholesterol: 195.64mg (65.21%), Sodium: 567.81mg (24.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.13%), Vitamin K: 206.12µg (196.31%), Vitamin A: 4985.88IU (99.72%), Selenium: 38.24µg (54.63%), Phosphorus: 300.99mg (30.1%), Folate: 112.66µg (28.16%), Calcium: 260.2mg (26.02%), Manganese: 0.52mg (25.92%), Vitamin B2: 0.4mg (23.61%), Iron: 3.64mg (20.22%), Potassium: 674.68mg (19.28%), Magnesium: 76.45mg (19.11%), Fiber: 4.75g (19%), Vitamin C: 14.95mg (18.12%), Vitamin B6: 0.35mg (17.38%), Vitamin B5: 1.41mg (14.08%), Vitamin B1: 0.21mg (13.74%), Zinc: 1.73mg (11.5%),

Vitamin B12: 0.62µg (10.25%), Vitamin E: 1.42mg (9.46%), Copper: 0.18mg (9.04%), Vitamin B3: 1.74mg (8.72%),
Vitamin D: 1.07µg (7.14%)