



Italian Style Baked Eggs

♡ Popular

READY IN



20 min.

SERVINGS



4

CALORIES



440 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 small loaf crusty bread such as ciabatta
- ☐ 4 eggs
- ☐ 1 handful parsley chopped
- ☐ 4 cups tomatoes
- ☐ 0.3 cup mozzarella cheese grated
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)

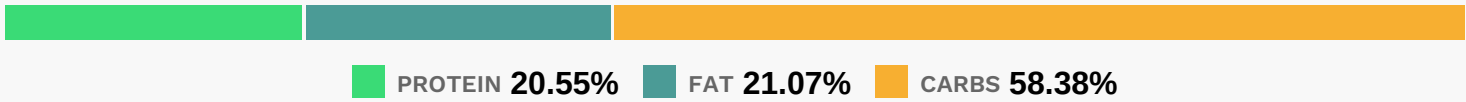
Equipment

- ☐ oven

Directions

- ☐ Place half of the marinara sauce into one or more baking dishes, top with the eggs, spoon the remaining sauce around the eggs and sprinkle on the cheese.
- ☐ Bake in a preheated 350F oven until the egg just start to set, about 4–7 minutes and broil then until the cheese melts, about a minute.
- ☐ Serve garnished with parsley and a side of crusty bread.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:44.31, Inflammation Score:-9, Nutrition Score:28.295651933421%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 439.58kcal (21.98%), Fat: 10.53g (16.19%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 65.64g (21.88%), Net Carbohydrates: 59.74g (21.72%), Sugar: 13.64g (15.15%), Cholesterol: 173.46mg (57.82%), Sodium: 1970.36mg (85.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.2%), Selenium: 46.18µg (65.96%), Vitamin B1: 0.79mg (52.79%), Vitamin B2: 0.83mg (48.76%), Folate: 168.18µg (42.04%), Manganese: 0.8mg (40.17%), Iron: 7.18mg (39.87%), Vitamin B3: 7.32mg (36.59%), Phosphorus: 327.01mg (32.7%), Vitamin A: 1478.82IU (29.58%), Vitamin E: 4.23mg (28.23%), Potassium: 921.98mg (26.34%), Fiber: 5.91g (23.63%), Copper: 0.47mg (23.48%), Vitamin K: 24.36µg (23.2%), Vitamin C: 18.48mg (22.4%), Calcium: 221.67mg (22.17%), Vitamin B6: 0.43mg (21.55%), Magnesium: 78.68mg (19.67%), Vitamin B5: 1.81mg (18.08%), Zinc: 2.53mg (16.89%), Vitamin B12: 0.63µg (10.44%), Vitamin D: 0.94µg (6.26%)