



## Lemon and Basil Eggs over Foccacia

READY IN



65 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 large loaf foccacia bread
- 3 eggs
- 0.3 cup basil leaves fresh chopped
- 1 cup milk
- 2 tablespoons meyer lemon olive oil
- 0.3 cup parmesan grated
- 0.3 teaspoon salt

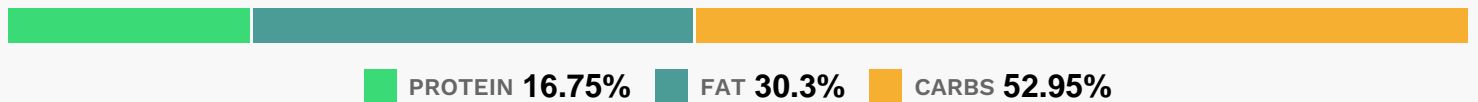
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Cut the top off the foccacia and hollow out the bread inside. Tear the top of the foccacia and the inside bread into 1-inch pieces and save for the egg mixture.
- Brush the inside of the foccacia with the Meyer lemon olive oil.
- Place on a baking sheet and toast for 10 minutes.
- Meanwhile, in a large bowl, whisk the eggs.
- Add the basil, cheese, salt, pepper, and milk.
- Whisk lightly. Stir in up to 4 cups of the bread pieces.
- Carefully pour the egg mixture into the toasted foccacia bottom. Return to the oven and bake until the eggs have cooked, about 35 to 40 minutes.
- Cut the baked foccacia into 6 to 8 pieces and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:37.61, Glycemic Load:29.71, Inflammation Score:-5, Nutrition Score:19.560434724974%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 424.63kcal (21.23%), Fat: 14.28g (21.97%), Saturated Fat: 3.57g (22.28%), Carbohydrates: 56.16g (18.72%), Net Carbohydrates: 51.57g (18.75%), Sugar: 8.57g (9.52%), Cholesterol: 89.55mg (29.85%), Sodium: 746.57mg (32.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Manganese: 1.39mg (69.63%), Selenium: 41.12µg (58.74%), Vitamin B1: 0.5mg (33.3%), Vitamin B3: 6.42mg (32.08%), Folate: 107.67µg (26.92%), Vitamin B2: 0.46mg (26.89%), Phosphorus: 260.57mg (26.06%), Calcium: 255.96mg (25.6%), Iron: 4.57mg (25.41%), Fiber: 4.59g (18.37%), Vitamin B5: 1.44mg (14.42%), Magnesium: 56.75mg (14.19%), Vitamin K: 13.04µg (12.42%), Zinc: 1.75mg (11.69%), Vitamin B6: 0.19mg (9.69%), Copper: 0.19mg (9.57%), Vitamin B12: 0.47µg (7.76%), Vitamin E: 1.16mg (7.72%), Potassium: 260.23mg (7.43%), Vitamin D: 0.91µg (6.05%), Vitamin A: 273.15IU (5.46%)