



Marinara Poached Eggs

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon pepper red crushed
- 4 eggs
- 3 cups tomatoes
- 4 servings buttered toast

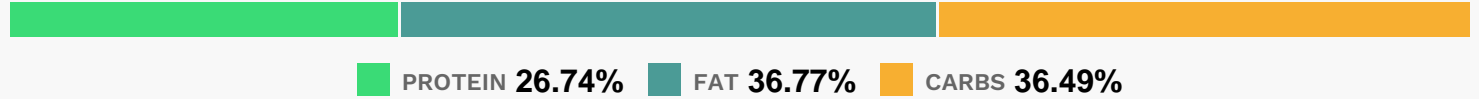
Equipment

- frying pan

Directions

- Bring marinara and crushed red pepper to a simmer in a skillet. Make 4 wells in marinara; crack 1 egg into each. Cook, covered, 6 minutes or until desired degree of doneness.
- Serve with toast.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:3.15, Inflammation Score:-7, Nutrition Score:11.620434802511%

Nutrients (% of daily need)

Calories: 110.65kcal (5.53%), Fat: 4.81g (7.4%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 7.87g (2.86%), Sugar: 6.77g (7.52%), Cholesterol: 163.69mg (54.56%), Sodium: 943.47mg (41.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.75%), Vitamin A: 1107.36IU (22.15%), Selenium: 14.97µg (21.39%), Vitamin E: 3.21mg (21.37%), Vitamin B2: 0.33mg (19.19%), Potassium: 612.64mg (17.5%), Vitamin C: 12.86mg (15.59%), Iron: 2.61mg (14.5%), Phosphorus: 138.51mg (13.85%), Vitamin B6: 0.26mg (13.04%), Vitamin B5: 1.25mg (12.47%), Copper: 0.25mg (12.34%), Fiber: 2.87g (11.47%), Manganese: 0.22mg (10.87%), Vitamin B3: 1.92mg (9.61%), Folate: 38.33µg (9.58%), Magnesium: 33.47mg (8.37%), Zinc: 0.99mg (6.6%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin K: 5.58µg (5.31%), Calcium: 52.38mg (5.24%), Vitamin B1: 0.07mg (4.43%)