



Mexican Poached Eggs



Vegetarian

READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



2 cups cherry tomatoes halved



2 jalapenos chiles



4 large eggs



4 ounces feta cheese crumbled



2 tablespoons cilantro leaves fresh chopped



2 cloves garlic minced



1 tablespoon ground cumin



3 teaspoons olive oil extra-virgin for drizzling tomatillos

- ☐ 1 large onion diced finely
- ☐ 1 pinch paprika for garnish
- ☐ 4 poblano chiles
- ☐ 2 teaspoons sugar
- ☐ 1 pound tomatillos husked rinsed quartered
- ☐ 2 tablespoons water
- ☐ 110-inch tortillas whole wheat ()

Equipment

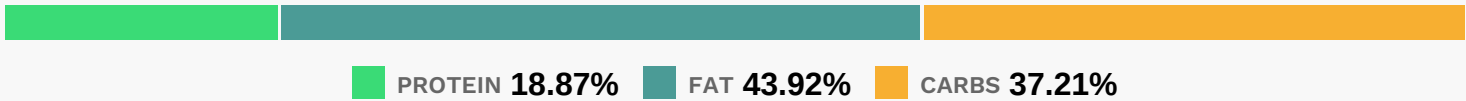
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Roast the poblano and jalepeno chiles directly in the flame of a gas burner, turning until charred on all sides. (Alternatively, if cooking with an electric stove, broil until charred.) Put chiles in a bowl, cover and steam until soft and cool, about 20 minutes. Peel, seed, and chop.
- ☐ Spread the tomatillos on a foil-lined pan, season with salt, pepper and drizzle with olive oil.
- ☐ Bake in the oven until soft and slightly charred, 30 minutes. Meanwhile, cut tortillas into wedges and lay out on a parchment-lined baking sheet. Spray both sides with olive oil spray and bake until crisp and golden, turning half way in between, 8 minutes per side.
- ☐ Saute onions and garlic in 3 teaspoons extra-virgin olive oil until soft and starting to brown, 8 minutes.
- ☐ Add peppers, tomatoes, cumin, paprika, sugar and water and cook until tomatoes begin to burst and flavors come together, 5 minutes.
- ☐ Divide sauce between 4 small dishes. Poach eggs and lay 1 egg on each plate over sauce.

Garnish with a couple of baked tortillas, crumbled queso fresco, a pinch of paprika and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:3.43, Inflammation Score:-9, Nutrition Score:24.977826118469%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg

Nutrients (% of daily need)

Calories: 346.53kcal (17.33%), Fat: 17.6g (27.07%), Saturated Fat: 6.31g (39.45%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 26.51g (9.64%), Sugar: 15.62g (17.35%), Cholesterol: 205.56mg (68.52%), Sodium: 412.52mg (17.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Vitamin C: 161.67mg (195.97%), Vitamin B6: 0.68mg (34.01%), Vitamin A: 1692.32IU (33.85%), Phosphorus: 327.54mg (32.75%), Selenium: 22.37µg (31.95%), Manganese: 0.58mg (29.09%), Fiber: 7.04g (28.17%), Calcium: 276.52mg (27.65%), Vitamin K: 28.63µg (27.27%), Potassium: 941.85mg (26.91%), Iron: 4.32mg (24.02%), Vitamin B2: 0.4mg (23.76%), Vitamin B3: 3.52mg (17.59%), Magnesium: 69.05mg (17.26%), Vitamin E: 2.58mg (17.18%), Folate: 67.64µg (16.91%), Copper: 0.33mg (16.62%), Vitamin B12: 0.92µg (15.35%), Vitamin B1: 0.22mg (14.84%), Zinc: 2.1mg (14%), Vitamin B5: 1.35mg (13.54%), Vitamin D: 1.77µg (11.77%)