



Oeufs Au Plat



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



198 kcal

SIDE DISH

Ingredients

☐ 2 teaspoons butter softened

☐ 2 eggs

☐ 2 pinches salt

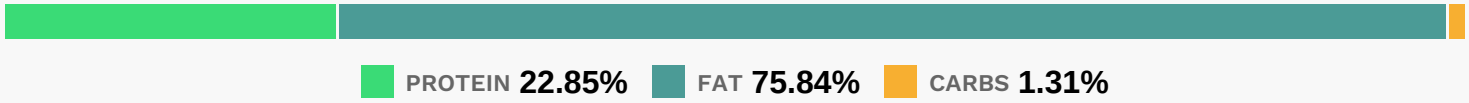
Equipment

☐ frying pan

Directions

- ☐ Rub a room-temperature 9-inch skillet with the butter.
- ☐ Place the skillet on the burner without turning it on. Crack the eggs into the skillet on opposite sides of the pan from each other.
- ☐ Turn the heat on to medium-low and cook the eggs until the whites have coagulated and turned opaque. Season the eggs with salt and serve with Green Onion Sausage and Shrimp Gravy, if you like.
- ☐ Reprinted with permission from My New Orleans: The Cookbook, by John Besh., © September 2009 Andrews McMeel Publishing

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.4752174939798%

Nutrients (% of daily need)

Calories: 197.54kcal (9.88%), Fat: 16.48g (25.35%), Saturated Fat: 7.89g (49.34%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.33g (0.37%), Cholesterol: 348.86mg (116.29%), Sodium: 964.42mg (41.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.35%), Selenium: 27.12µg (38.74%), Vitamin B2: 0.41mg (23.86%), Phosphorus: 176.64mg (17.66%), Vitamin A: 725.1IU (14.5%), Vitamin B5: 1.36mg (13.6%), Vitamin B12: 0.8µg (13.34%), Vitamin D: 1.76µg (11.73%), Folate: 41.66µg (10.41%), Iron: 1.55mg (8.6%), Vitamin E: 1.16mg (7.71%), Zinc: 1.15mg (7.64%), Vitamin B6: 0.15mg (7.5%), Calcium: 52.16mg (5.22%), Potassium: 124mg (3.54%), Copper: 0.06mg (3.2%), Magnesium: 10.78mg (2.7%), Vitamin B1: 0.04mg (2.38%), Manganese: 0.03mg (1.33%)