



## Oeufs en Crustade



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

### Ingredients

- ☐ 2 egg yolks
- ☐ 4 large eggs
- ☐ 1 clove garlic cloves crushed peeled
- ☐ 2 teaspoon juice of lemon
- ☐ 1 teaspoon thyme leaves for garnish
- ☐ 3 ounce butter unsalted cut into small pieces

### Equipment

- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon
- ☐ butter knife

## Directions

- ☐ CROUSTADES: Pre-heat the oven to 350 degrees F.
- ☐ Cut the bread into four 1 ½-inch thick slices and cut away the crusts forming a 3 ½ to 4 inch square. Using a 2 ½ inch round cutter, cut a circle in the center of the bread, without cutting all the way through. Use a butter knife to scoop and peel away the bread from the center to form a hollow about 1 inch deep. Using your fingers mash down the interior of the hollow to form a firm base.
- ☐ Mix the butter and the lightly mashed garlic clove together in a small bowl, leave it to infuse about 15 minutes.
- ☐ Brush the butter all over the bread, on all sides inside and out.
- ☐ Place the bread directly on the rack of the oven set in the center position.
- ☐ Put the egg yolks and lemon juice in a small saucepan set over very low heat.
- ☐ Whisk continuously, adding the butter piece by piece until a thickened sauce is formed. Avoid too much heat or the eggs will scramble. Season with salt and pepper. The sauce should be thick enough to coat the back of a spoon, but still flow freely when poured. Adjust consistency with water if necessary.
- POACHED EGGS: Bring a pan of water to just about boiling. Crack an egg into a small bowl, reduce the heat and slide the egg into the simmering water. Using a spoon gently roll the intact egg over once or twice to assure it does not stick. Poach the egg in the water about 3 to 3 ½ minutes then carefully remove the egg with a slotted spoon. Allow it to drain on a paper towel lined plate. Trim the edges of the scraggly edges if you like. Repeat 3 more times. Gently place a poached egg into each croustade. Spoon a little Hollandaise sauce over the eggs and garnish with fresh thyme leaves.
- ☐ Serve warm.

## Nutrition Facts

 **PROTEIN 12.47%**  **FAT 85.6%**  **CARBS 1.93%**

## Properties

Glycemic Index:18.75, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:7.474782605534%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 255.1kcal (12.76%), Fat: 24.4g (37.54%), Saturated Fat: 13.35g (83.44%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.32g (0.35%), Cholesterol: 328.91mg (109.64%), Sodium: 77.86mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (15.99%), Selenium: 20.71µg (29.59%), Vitamin A: 955.09IU (19.1%), Vitamin B2: 0.29mg (16.87%), Phosphorus: 141.08mg (14.11%), Vitamin D: 1.8µg (12.03%), Vitamin B12: 0.66µg (10.94%), Vitamin B5: 1.07mg (10.69%), Folate: 38.03µg (9.51%), Vitamin E: 1.25mg (8.37%), Iron: 1.23mg (6.82%), Vitamin B6: 0.13mg (6.47%), Zinc: 0.89mg (5.93%), Calcium: 48.25mg (4.82%), Potassium: 92.54mg (2.64%), Vitamin B1: 0.04mg (2.62%), Copper: 0.05mg (2.59%), Vitamin C: 2mg (2.43%), Manganese: 0.04mg (2.06%), Magnesium: 8.01mg (2%), Vitamin K: 1.71µg (1.63%)