



Olive Oil Fried Eggs with Mozzarella and Harissa

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 slices egg bread 1-inch-thick lightly toasted
- ☐ 4 large eggs
- ☐ 6 ounces mozzarella cheese fresh grated drained
- ☐ 2 teaspoons purchased harissa paste from tube
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.8 cup olive oil extra-virgin divided
- ☐ 0.3 cup parsley leaves fresh italian

- ☐ 2 teaspoons purchased pepper relish hot (such as ZerGüt Ajvar or Amore)
- ☐ 0.3 teaspoon salt
- ☐ 1 garlic clove whole minced peeled

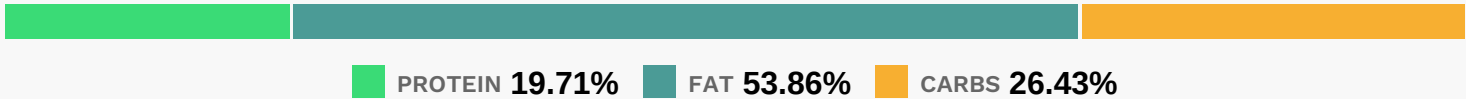
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Whisk 1/2 cup olive oil, harissa paste, hot pepper relish, minced garlic, lemon juice, and salt in small bowl to blend. (Can be made 1 day ahead. Cover and refrigerate. Bring to room temperature and rewhisk before using.)
- ☐ Preheat broiler. Rub toast slices on 1 side with peeled garlic clove, then place 1 toast on each of 4 plates.
- ☐ Heat remaining 1/4 cup olive oil in large ovenproof nonstick skillet over medium-high heat. Break eggs into skillet; sprinkle lightly with salt. Cook until whites are just set but yolks are still runny, about 2 minutes.
- ☐ Remove from heat; sprinkle mozzarella cheese over eggs.
- ☐ Place skillet under broiler and broil just until cheese melts and centers of yolks are still slightly runny, about 2 minutes. Carefully place 1 egg atop each toast slice. Spoon harissa sauce over eggs. Scatter parsley leaves over and serve.
- ☐ Harissa paste and hot pepper relish or paste are available at specialty foods stores and Middle Eastern markets and at kalustyans.com

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:19.40608710828%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 430.2kcal (21.51%), Fat: 25.61g (39.41%), Saturated Fat: 9.14g (57.12%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 26.62g (9.68%), Sugar: 1.96g (2.18%), Cholesterol: 246.62mg (82.21%), Sodium: 720.47mg (31.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Vitamin K: 69.76µg (66.44%), Selenium: 38.72µg (55.31%), Vitamin B2: 0.59mg (34.59%), Phosphorus: 311.97mg (31.2%), Calcium: 303.71mg (30.37%), Vitamin B12: 1.47µg (24.46%), Folate: 88.37µg (22.09%), Manganese: 0.44mg (21.91%), Vitamin A: 1007.77IU (20.16%), Vitamin B1: 0.27mg (18.21%), Iron: 3.08mg (17.13%), Zinc: 2.37mg (15.81%), Vitamin B3: 2.76mg (13.79%), Vitamin E: 2mg (13.32%), Vitamin B5: 1.01mg (10.1%), Vitamin D: 1.38µg (9.21%), Vitamin B6: 0.15mg (7.73%), Copper: 0.15mg (7.56%), Magnesium: 28.69mg (7.17%), Vitamin C: 5.86mg (7.11%), Fiber: 1.67g (6.69%), Potassium: 209.35mg (5.98%)