



Online Round 2 - Eggs in Purgatory



Vegetarian



Dairy Free

READY IN



28 min.

SERVINGS



2

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 2 tablespoons canola oil
- ☐ 4 slices top toasted
- ☐ 4 eggs
- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 1 teaspoon garlic chopped
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 servings salt

- ☐ 1 medium onion diced yellow
- ☐ 1.5 cups bloody mary mix leftover
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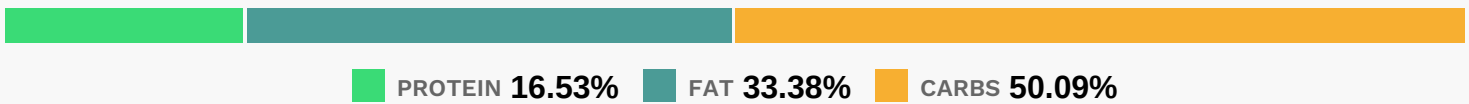
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the canola oil in a medium skillet over medium heat.
- ☐ Add the onion and saute until soft, about 5 minutes, then add the garlic and cook for 1 more minute. Stir in the crushed tomatoes, reserved bloody Mary mix and season with salt and crushed red pepper.
- ☐ Let simmer 5 minutes and then add the basil.
- ☐ Crack the 4 eggs into the tomato sauce, and cook until the whites are set and the yolks are still runny.
- ☐ Transfer some of the sauce into 2 shallow serving bowls.
- ☐ Add 2 eggs to each bowl and serve with toasted bread.

Nutrition Facts



Properties

Glycemic Index:122.75, Glycemic Load:56.85, Inflammation Score:-9, Nutrition Score:37.095651750979%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 690.97kcal (34.55%), Fat: 26.17g (40.26%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 88.35g (29.45%), Net Carbohydrates: 80.42g (29.25%), Sugar: 17.96g (19.96%), Cholesterol: 327.36mg (109.12%), Sodium: 1376.57mg (59.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.33%), Selenium: 65.44µg (93.49%), Vitamin B1: 1.13mg (75.52%), Vitamin B2: 1.08mg (63.46%), Manganese: 1.2mg (59.84%), Folate: 237.69µg (59.42%), Iron: 9.53mg (52.92%), Vitamin B3: 8.95mg (44.73%), Vitamin E: 6.42mg (42.77%), Phosphorus: 396.23mg (39.62%), Vitamin B6: 0.7mg (34.84%), Copper: 0.68mg (33.97%), Fiber: 7.93g (31.7%), Vitamin C: 24.28mg (29.43%), Potassium: 988.36mg (28.24%), Vitamin K: 27.07µg (25.78%), Magnesium: 100.94mg (25.23%), Vitamin B5: 2.45mg (24.49%), Vitamin A: 1060.45IU (21.21%), Zinc: 3.17mg (21.14%), Calcium: 206.21mg (20.62%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%)