



Parmesan-Baked Eggs with Peppers

 Gluten Free

READY IN



42 min.

SERVINGS



15

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 large eggs
- 1 clove garlic minced
- 2 tablespoons olive oil
- 1 onion halved thinly sliced
- 2 tablespoons parmesan grated
- 1 bell pepper red seeded thinly sliced
- 15 servings salt and pepper
- 1 tablespoon tomato paste

1 bell pepper yellow seeded thinly sliced

Equipment

frying pan

baking sheet

oven

Directions

Preheat oven to 425F. Mist 6 shallow (approximately 12-oz.) baking dishes with cooking spray.

Place on a large baking sheet.

Warm oil in a large skillet over medium-high heat.

Add onion and peppers; cook, stirring often, until softened but not browned, about 10 minutes.

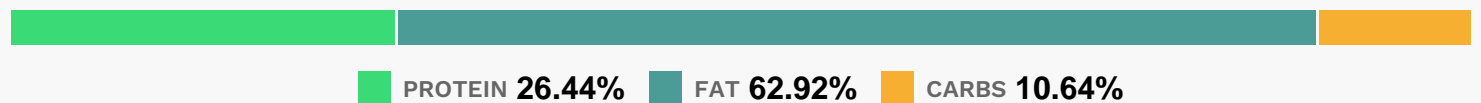
Add garlic and saut 1 minute longer. Stir in tomato paste and 1 Tbsp. water. Taste and season with salt and pepper.

Divide vegetable mixture among baking dishes. Crack two eggs into each dish; sprinkle with cheese and season with salt and pepper.

Bake until egg whites are set but yolks are still runny, about 15 minutes.

Let stand 5 minutes before serving to allow yolks to firm up a little.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:6.2682607899541%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 84.63kcal (4.23%), Fat: 5.9g (9.07%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.93g (1.03%), Cholesterol: 149.25mg (49.75%), Sodium: 270.54mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin C: 25.55mg (30.97%), Selenium: 12.58µg (17.98%), Vitamin B2: 0.2mg (11.62%), Vitamin A: 501.9IU (10.04%), Phosphorus: 91.11mg (9.11%), Vitamin B5: 0.67mg (6.66%), Folate: 26.09µg (6.52%), Vitamin B12: 0.36µg (6.07%), Vitamin B6: 0.12mg (5.93%), Vitamin E: 0.86mg (5.75%), Vitamin D: 0.8µg (5.36%), Iron: 0.84mg (4.66%), Zinc: 0.59mg (3.93%), Calcium: 34.29mg (3.43%), Potassium: 111.75mg (3.19%), Copper: 0.05mg (2.32%), Manganese: 0.05mg (2.3%), Magnesium: 8.23mg (2.06%), Vitamin B1: 0.03mg (1.81%), Vitamin K: 1.8µg (1.71%), Fiber: 0.41g (1.64%), Vitamin B3: 0.22mg (1.11%)