



Pattypan Squash with Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 8 large eggs (see Notes)
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 3 garlic cloves minced
- ☐ 2 tbsp olive oil divided
- ☐ 1 medium onion finely chopped
- ☐ 8 baby vegetables green yellow (4 and 4 , each 5 in. across)
- ☐ 1 teaspoon sea salt divided

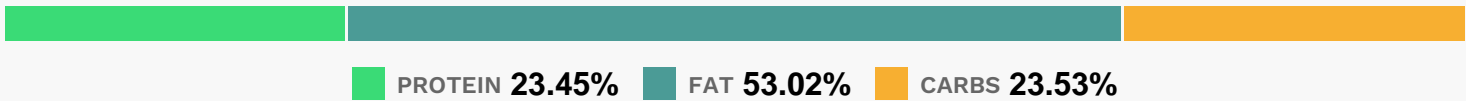
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut tops (stem ends) off squash and reserve. Scoop out and discard insides of squash, leaving a shell at least 1/4 in. thick.
- ☐ Brush squash and tops with about 1 tbsp. olive oil, set on a baking sheet, and bake until tender when pierced with a fork, 15 minutes.
- ☐ Meanwhile, heat remaining 1 tbsp. olive oil in a large frying pan over medium-high heat.
- ☐ Add onion and 3/4 tsp. salt. Cook, stirring occasionally, until onion is soft, 3 to 5 minutes.
- ☐ Add garlic and cook, stirring, until fragrant, 30 seconds.
- ☐ Add thyme and cook, stirring, until combined.
- ☐ Set squash tops aside. Divide onion mixture evenly among the squash. Crack 1 egg into each squash, lifting out any white that doesn't fit.
- ☐ Sprinkle eggs with remaining salt.
- ☐ Bake until eggs are set, 15 to 20 minutes.
- ☐ Serve immediately, with tops replaced or set to the side.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:12.23173914785%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 140.47kcal (7.02%), Fat: 8.62g (13.26%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.84g (5.38%), Cholesterol: 186mg (62%), Sodium: 364.22mg (15.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.15%), Vitamin C: 32.37mg (39.23%), Selenium: 15.92µg (22.74%), Folate: 77.26µg (19.31%), Vitamin B2: 0.29mg (16.8%), Phosphorus: 166.17mg (16.62%), Manganese: 0.32mg (16.12%), Vitamin B6: 0.3mg (15.08%), Vitamin A: 651.15IU (13.02%), Magnesium: 47.16mg (11.79%), Potassium: 404.6mg (11.56%), Copper: 0.22mg (10.99%), Vitamin B1: 0.15mg (9.85%), Vitamin B5: 0.96mg (9.65%), Fiber: 2.33g (9.33%), Iron: 1.67mg (9.27%), Vitamin E: 1.25mg (8.36%), Zinc: 1.18mg (7.86%), Vitamin K: 7.94µg (7.56%), Vitamin B12: 0.44µg (7.42%), Calcium: 66.73mg (6.67%), Vitamin D: 1µg (6.67%), Vitamin B3: 1.09mg (5.43%)