



## Pilaf with Baked Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 tablespoon butter
- 0.8 teaspoon marjoram dried
- 4 large eggs
- 2 cups fat-skimmed chicken broth
- 1 slices roma tomato
- 4 servings salt and pepper
- 0.7 cup shallots finely chopped
- 0.3 lb swiss cheese shredded

- 1.3 cups grain mix or any individual quick-cooking grain (see notes)
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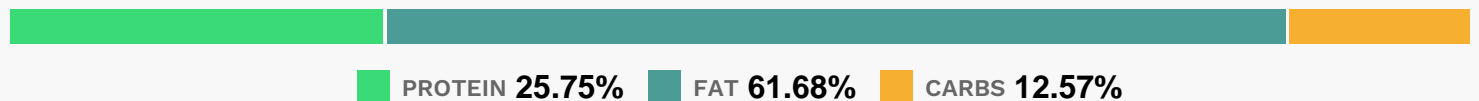
## Equipment

- frying pan
- oven
- spatula

## Directions

- In a 10- to 12-inch ovenproof frying pan over high heat, stir butter and shallots often until shallots are lightly browned, about 3 minutes.
- Add grain mix and stir until grains are lightly toasted, about 2 minutes.
- Add broth and marjoram, stir, and bring to a boil. Cover, reduce heat, and simmer until grains are tender to bite, about 12 minutes, stirring occasionally.
- Mix 1/2 cup cheese with pilaf. Using the back of a spoon, make 4 deep wells in mixture. Slide 1 egg into each well.
- Lay tomato slices around eggs.
- Bake in a 400 oven until egg whites are opaque and yolks have desired texture, about 8 minutes for liquid yolks. About 3 minutes before eggs are cooked, sprinkle mixture with remaining cheese.
- Use a wide spatula to scoop out pilaf and eggs, 1 at a time, and put on plates.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:23.75, Glycemic Load:1.72, Inflammation Score:-5, Nutrition Score:11.725217495276%

## Nutrients (% of daily need)

Calories: 241.1kcal (12.06%), Fat: 16.6g (25.53%), Saturated Fat: 7.32g (45.72%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.33g (2.3%), Sugar: 3.47g (3.85%), Cholesterol: 212.37mg (70.79%), Sodium: 819.22mg (35.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Selenium: 26.85µg (38.36%), Calcium: 301.01mg (30.1%), Phosphorus: 298.79mg (29.88%), Vitamin B12: 1.53µg (25.53%), Vitamin B2: 0.35mg (20.44%), Zinc: 2.07mg (13.77%), Vitamin B6: 0.26mg (12.88%), Vitamin A: 635.67IU (12.71%), Vitamin B5: 1.14mg (11.42%), Folate: 40.72µg (10.18%), Iron: 1.56mg (8.68%), Potassium: 257.27mg (7.35%), Manganese: 0.14mg (7.24%), Vitamin D: 1µg (6.67%), Magnesium: 24.97mg (6.24%), Vitamin E: 0.82mg (5.47%), Copper: 0.11mg (5.3%), Fiber: 1.27g (5.09%), Vitamin C: 3.21mg (3.89%), Vitamin B3: 0.77mg (3.85%), Vitamin B1: 0.06mg (3.68%)