



 **49%**
HEALTH SCORE

Poached Egg With Spinach and Tomato

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



385 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 slices bread whole
- 2 slices bread whole
- 2 eggs
- 1 tablespoon vinegar white
- 2 servings olive oil
- 2 cloves garlic sliced finely
- 1 pinch pepper dried
- 1 bunch pkt spinach fresh chopped

- 2 servings salt and pepper to taste
- 1 tomatoes sliced finely

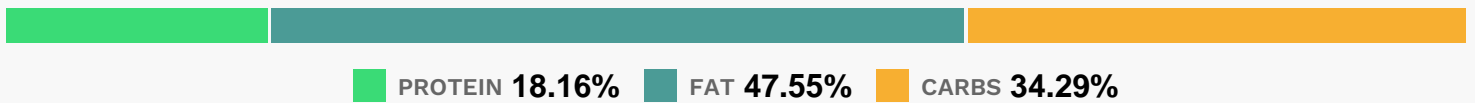
Equipment

- bowl
- frying pan

Directions

- Take a wide skillet and fill it with enough water so the eggs can be submerged. Bring it up to a steady boil and then drop the temperature so it's at a steady simmer.
- Add the vinegar. Break one egg into a bowl and slowly pour into the boiling water. Do the same with the second egg.
- Let it cook until the white is cooked around the yolk, about two to three minutes. In the meanwhile, heat another wide frying pan and add some olive oil.
- Add the garlic and chilli and saut for about a minute until fragrant.
- Add the spinach, mix gently and cover. Cook for a minute and shut off the heat. Season to taste with salt and pepper. Separate amidst the two slices of toast and add some slices of tomato. Top each bed of vegetables with a poached egg. Season with some salt and pepper.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:144.7, Glycemic Load:16.17, Inflammation Score:-5, Nutrition Score:41.185652173913%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 10.91mg, Kaempferol: 10.91mg, Kaempferol: 10.91mg, Kaempferol: 10.91mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 385.14kcal (19.26%), Fat: 20.98g (32.28%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 26.12g (9.5%), Sugar: 5g (5.56%), Cholesterol: 163.68mg (54.56%), Sodium: 647.42mg (28.15%), Protein: 18.03g (36.07%), Vitamin K: 838.99µg (799.04%), Vitamin A: 16707.57IU (334.15%), Manganese: 2.86mg (142.94%), Folate: 383.33µg (95.83%), Vitamin C: 57.13mg (69.25%), Magnesium: 190.37mg (47.59%), Vitamin E: 6.59mg (43.9%), Selenium: 30.13µg (43.05%), Iron: 7.12mg (39.55%), Potassium: 1308.42mg (37.38%), Vitamin B2: 0.63mg (37.11%), Fiber: 7.92g (31.67%), Phosphorus: 308.96mg (30.9%), Vitamin B6: 0.61mg (30.74%), Calcium: 296.71mg (29.67%), Vitamin B1: 0.4mg (26.54%), Copper: 0.43mg (21.28%), Vitamin B3: 4.14mg (20.68%), Zinc: 2.6mg (17.31%), Vitamin B5: 1.24mg (12.42%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)