



Poached Eggs and Asparagus

READY IN



20 min.

SERVINGS



4

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound asparagus fresh trimmed
- ☐ 1 tablespoon butter
- ☐ 4 slices cheddar cheese
- ☐ 1 cube chicken bouillon
- ☐ 4 eggs
- ☐ 4 servings salt and pepper to taste
- ☐ 4 slices bread whole wheat

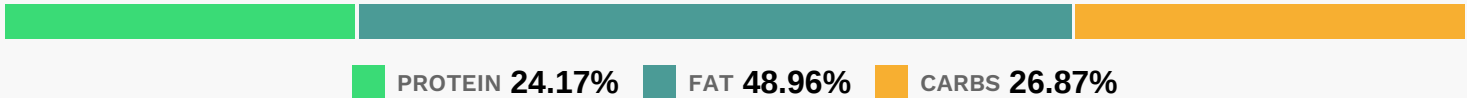
Equipment

- ☐ sauce pan
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Fill a saucepan half way full of water. Bring to a boil and stir in the bouillon cube until dissolved. Crack one egg into a measuring cup or large spoon and gently slip it into the boiling water. Repeat with remaining eggs. Simmer for about 5 minutes over medium heat.
- ☐ Remove with a slotted spoon and keep warm
- ☐ Meanwhile,
- ☐ Place the asparagus into a saucepan and fill with enough water to cover. Bring to a boil, and cook until asparagus is tender, about 4 minutes.
- ☐ Drain.
- ☐ Toast the bread to your desired darkness.
- ☐ Spread butter onto each piece of toast. Top with a slice of cheese, then a poached egg and finally, asparagus. Season with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:8, Inflammation Score:-8, Nutrition Score:19.280869774196%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 251.18kcal (12.56%), Fat: 13.93g (21.44%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 13.14g (4.78%), Sugar: 3.59g (3.99%), Cholesterol: 188.21mg (62.73%), Sodium: 519.23mg (22.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.95%), Vitamin K: 50.14µg (47.75%), Selenium: 28.19µg (40.27%), Manganese: 0.79mg (39.57%), Vitamin B2: 0.48mg (28.45%), Phosphorus: 284.15mg (28.42%), Vitamin A: 1353.53IU (27.07%), Folate: 95.08µg (23.77%), Iron: 3.94mg (21.91%), Calcium: 218.66mg (21.87%), Vitamin B1:

0.29mg (19.62%), Fiber: 4.06g (16.25%), Copper: 0.32mg (15.75%), Zinc: 2.3mg (15.34%), Vitamin E: 2.1mg (14.02%), Vitamin B6: 0.25mg (12.52%), Vitamin B5: 1.25mg (12.51%), Vitamin B3: 2.39mg (11.96%), Magnesium: 47.39mg (11.85%), Potassium: 373.77mg (10.68%), Vitamin B12: 0.58µg (9.63%), Vitamin C: 6.35mg (7.7%), Vitamin D: 0.98µg (6.55%)