



Poached Eggs and Parmesan Cheese Over Toasted Brioche with Pistou

READY IN



20 min.

SERVINGS



2

CALORIES



643 kcal

Ingredients

- ☐ 2.5 inch egg bread toasted
- ☐ 4 large eggs
- ☐ 0.3 cup basil leaves fresh packed ()
- ☐ 0.5 small garlic clove
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 2 servings parmesan cheese shavings

Equipment

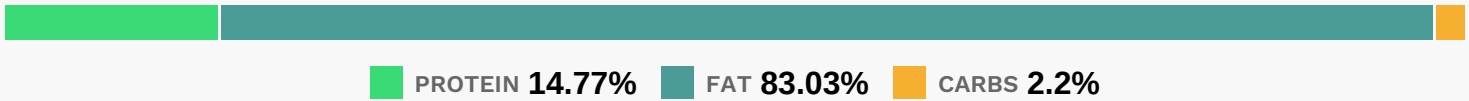
- ☐ frying pan

☐ slotted spoon

Directions

- ☐ Puree basil, garlic, and oil in mini processor until very smooth. Season pistou to taste with salt and pepper.
- ☐ Add enough water to medium skillet to measure 1 1/4 inches.
- ☐ Sprinkle salt generously into water. Bring water to simmer over medium heat. Crack eggs 1 at a time and gently slip into water. Cook until egg whites are just set and egg yolks are still runny, about 3 minutes.
- ☐ Place hot toasts on plates. Top each with Parmesan. Using slotted spoon, transfer 2 eggs, well drained, to each piece of brioche.
- ☐ Sprinkle eggs with salt and pepper.
- ☐ Drizzle with some of pistou and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:18.135651930519%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 643.03kcal (32.15%), Fat: 59.48g (91.51%), Saturated Fat: 13.9g (86.89%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.69g (0.76%), Cholesterol: 394.02mg (131.34%), Sodium: 635.79mg (27.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Selenium: 38.52µg (55.03%), Vitamin E: 7.2mg (48.03%), Calcium: 423.01mg (42.3%), Phosphorus: 412.95mg (41.3%), Vitamin K: 42.74µg (40.7%), Vitamin B2: 0.57mg (33.78%), Vitamin B12: 1.25µg (20.89%), Vitamin A: 992.07IU (19.84%), Vitamin B5: 1.69mg (16.91%), Zinc: 2.18mg (14.54%), Vitamin D: 2.16µg (14.42%), Folate: 55.18µg (13.79%), Iron: 2.47mg (13.71%), Vitamin B6: 0.21mg (10.74%), Magnesium: 28.55mg (7.14%), Manganese: 0.11mg (5.42%), Potassium: 184.48mg (5.27%), Copper: 0.1mg (5.22%), Vitamin B1: 0.07mg (4.56%), Vitamin B3: 0.35mg (1.76%), Vitamin C: 0.95mg (1.16%)