



Poached Eggs in Ancho-Tomato Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 Tbsp ancho chile pepper powder
- 6 slices oscar mayer bacon cut into 1-inch pieces
- 29 oz tomatoes diced undrained canned
- 8 eggs
- 2 Tbsp cilantro leaves fresh chopped
- 2 cups vegetables mixed frozen (carrots, corn, green beans, peas)
- 1 clove garlic
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft

1 small onion chopped

Equipment

bowl

frying pan

paper towels

blender

Directions

Blend tomatoes, garlic and ancho pepper in blender until smooth.

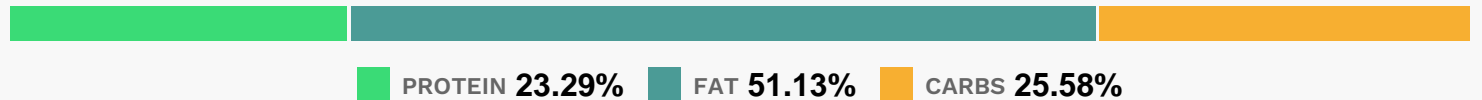
Cook bacon in large skillet until crisp; drain on paper towels. Discard drippings.

Add onions to skillet; cook and stir 2 min. Stir in tomato mixture; bring to boil.

Add mixed vegetables; cook 3 min., stirring occasionally.

Break eggs, 1 at a time, into small bowl; slip over vegetable mixture in skillet, leaving space between eggs. Cover; cook on medium-low heat 8 min. or until whites are completely set and yolks begin to thicken but do not become firm. Top with cheese, bacon and cilantro.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:3.2817391519961%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 46.58kcal (2.33%), Fat: 2.72g (4.19%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.01g (1.12%), Cholesterol: 36.71mg (12.24%), Sodium: 86.27mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin A: 794.43IU (15.89%), Selenium: 3.88µg (5.54%), Vitamin B2: 0.08mg (4.83%), Phosphorus: 46.51mg (4.65%), Vitamin C: 3.31mg (4.01%), Calcium: 36.6mg (3.66%), Fiber: 0.87g (3.47%), Vitamin B6: 0.07mg (3.39%), Iron: 0.52mg (2.89%), Potassium: 99.2mg (2.83%), Manganese:

0.05mg (2.62%), Vitamin B3: 0.49mg (2.43%), Folate: 9.49µg (2.37%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.31mg (2.09%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.12µg (1.96%), Magnesium: 7.55mg (1.89%), Vitamin E: 0.28mg (1.87%), Copper: 0.03mg (1.71%), Vitamin K: 1.74µg (1.65%), Vitamin D: 0.2µg (1.32%)