



Poached Eggs with Buttery Multigrain Toast

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 4 large eggs
- ☐ 6 ounce multigrain bread
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vinegar white

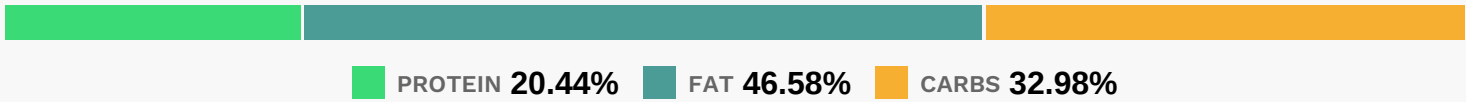
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Preheat broiler.
- ☐ In a (12-inch) skillet, bring a 2-inch layer of water (about 4 cups) to a low boil with vinegar. Break an egg into a bubbling area so the bubbles spin the egg and set the white around the yolks.
- ☐ Add remaining eggs, then turn down the heat and poach them so they scarcely bubble for 3 minutes or until desired degree of doneness. To test them, lift an egg with a slotted spoon and press with your fingertip: The white should be set with the yolk still soft.
- ☐ Transfer the eggs to a bowl of warm water. Trim strings from edges of each egg with kitchen shears, if desired.
- ☐ Spread 1 1/2 teaspoons butter over each bread slice.
- ☐ Place bread slices in a single layer on a heavy baking sheet; broil 3 minutes or until golden.
- ☐ Place one toasted bread slice on each of 4 plates; top each serving with 1/2 cup arugula and one egg.
- ☐ Sprinkle evenly with salt and pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.42, Glycemic Load:11.08, Inflammation Score:-5, Nutrition Score:12.989565180696%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 233.24kcal (11.66%), Fat: 12.01g (18.48%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 16.4g (5.96%), Sugar: 2.27g (2.52%), Cholesterol: 201.05mg (67.02%), Sodium: 455.52mg (19.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.72%), Manganese: 0.97mg (48.63%), Selenium: 26.45µg (37.78%), Phosphorus: 196.39mg (19.64%), Vitamin B2: 0.31mg (18.25%), Vitamin K: 15.06µg (14.34%), Vitamin A: 684.19IU (13.68%), Folate: 51.29µg (12.82%), Vitamin B1: 0.19mg (12.74%), Iron: 2.13mg (11.81%), Calcium: 115.88mg (11.59%), Vitamin B5: 1.11mg (11.11%), Fiber: 2.74g (10.97%), Magnesium: 43.84mg (10.96%), Vitamin B3: 1.96mg (9.78%), Zinc: 1.45mg (9.66%), Vitamin B6: 0.18mg (9.24%), Vitamin B12: 0.46µg (7.61%), Copper: 0.14mg (7.09%), Vitamin D: 1µg (6.67%), Vitamin E: 0.96mg (6.41%), Potassium: 215.66mg (6.16%), Vitamin C: 1.5mg (1.82%)