



Poached Eggs with Mushrooms Two Ways

 Vegetarian

READY IN



1500 min.

SERVINGS



4

CALORIES



428 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 slices crusty baguette
- ☐ 0.8 teaspoon cumin seeds crushed toasted
- ☐ 8 large eggs
- ☐ 0.5 cup flat parsley packed
- ☐ 4 garlic clove
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided plus more for drizzling
- ☐ 1 tablespoon red-wine vinegar
- ☐ 4 servings sea salt

- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon vinegar white
- ☐ 3 pounds mushrooms white divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

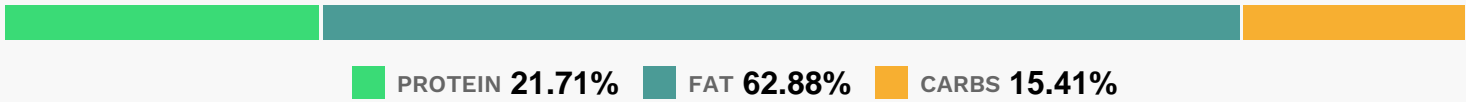
Directions

- ☐ Preheat oven to 450°F with racks in upper and lower thirds.
- ☐ Thinly slice two thirds of mushrooms 1/8 inch thick. Toss with 1/4 cup oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper, then spread evenly in 2 large 4-sided sheet pans. Roast, switching position of pans and stirring mushrooms occasionally, until all of liquid has evaporated and mushrooms are golden and crisp, 30 to 40 minutes.
- ☐ Meanwhile, cut remaining mushrooms into 1/2-inch wedges. Finely chop parsley with garlic.
- ☐ Heat remaining tablespoon oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sauté mushroom wedges with 1/4 teaspoon each of salt and pepper 1 minute.
- ☐ Add red-wine vinegar and sauté 1 minute. Stir in parsley mixture and butter and sauté until butter has melted. Season with salt.
- ☐ Remove from heat and keep warm, covered.
- ☐ Bring 1 1/4 inches water to a boil in a deep large skillet or saucepan with distilled vinegar. Break each egg into a cup and slide egg into water, spacing eggs apart. Poach at a bare simmer until whites are firm but yolks are still runny, 2 to 3 minutes.
- ☐ Stir together mushrooms and 1/4 teaspoon toasted cumin in a large bowl, then divide among plates. Lift eggs out of poaching liquid 1 at a time with a slotted spoon and drain briefly in spoon on paper towels before transferring to mushrooms.
- ☐ Drizzle with oil and sprinkle with sea salt and remaining toasted cumin to taste.

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Eggs will not be fully cooked.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:5.46, Inflammation Score:-8, Nutrition Score:37.570869736049%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 428.37kcal (21.42%), Fat: 31.38g (48.28%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 13.39g (4.87%), Sugar: 7.59g (8.43%), Cholesterol: 379.52mg (126.51%), Sodium: 408.69mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.77%), Vitamin K: 134.39µg (127.99%), Vitamin B2: 1.86mg (109.61%), Selenium: 64.22µg (91.75%), Vitamin B5: 6.71mg (67.08%), Vitamin B3: 12.86mg (64.29%), Copper: 1.19mg (59.41%), Phosphorus: 510.28mg (51.03%), Potassium: 1292.62mg (36.93%), Folate: 125.03µg (31.26%), Vitamin B6: 0.58mg (28.89%), Iron: 4.61mg (25.61%), Vitamin A: 1264.3IU (25.29%), Vitamin E: 3.78mg (25.2%), Vitamin B1: 0.38mg (25.14%), Vitamin C: 18.1mg (21.94%), Zinc: 3.26mg (21.74%), Vitamin D: 2.73µg (18.22%), Vitamin B12: 1.03µg (17.2%), Fiber: 3.92g (15.68%), Manganese: 0.3mg (15.21%), Magnesium: 50.83mg (12.71%), Calcium: 95.48mg (9.55%)