



Poached Eggs with Roasted Tomatoes and Portabellas



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 4 large eggs
- ☐ 4 slices fontina thin
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 2 plum tomatoes halved lengthwise

- ☐ 12 inch portabello mushrooms
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vinegar white

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ broiler
- ☐ slotted spoon
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Brush mushrooms and tomatoes with oil and sprinkle with salt and pepper. Arrange mushrooms, stemmed sides down, and tomato halves, cut sides up, on a broiler pan.
- ☐ Broil vegetables about 6 inches from heat, turning over mushrooms halfway through cooking, until tender and tomatoes are slightly charred, about 7 minutes total. (Leave broiler on.)
- ☐ While vegetables are broiling, fill a deep 10-inch skillet with 1 1/4 inches cold water.
- ☐ Add white vinegar and bring to a simmer.
- ☐ Break 1 egg into a cup, then slide egg into simmering water. Repeat with remaining eggs, spacing them in skillet, and poach at a bare simmer until whites are firm but yolks are still runny, 2 to 3 minutes.
- ☐ Gently transfer eggs with a slotted spoon to paper towels to drain and season with salt and pepper.
- ☐ Sprinkle stemmed sides of mushrooms with balsamic vinegar, then put 1 tomato half, cut side up, on each mushroom and top with an egg. Cover eggs with cheese slices and broil until cheese is just melted, about 1 minute.
- ☐ Sprinkle with chives and serve immediately.
- ☐ · The eggs in this recipe are not fully cooked, which may be of concern if salmonella is a problem in your area. You can substitute pasteurized eggs (in the shell) or cook eggs until yolks are set.

Nutrition Facts

PROTEIN 19.75% FAT 76.69% CARBS 3.56%

Properties

Glycemic Index:60.5, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:9.8943478024524%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 281.81kcal (14.09%), Fat: 24.06g (37.02%), Saturated Fat: 8.41g (52.54%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.99g (0.72%), Sugar: 1.73g (1.93%), Cholesterol: 218.48mg (72.83%), Sodium: 588.35mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Selenium: 20.85µg (29.78%), Phosphorus: 212.35mg (21.24%), Calcium: 187.1mg (18.71%), Vitamin B2: 0.3mg (17.79%), Vitamin A: 817.2IU (16.34%), Vitamin B12: 0.92µg (15.32%), Vitamin E: 2.28mg (15.23%), Zinc: 1.73mg (11.5%), Vitamin K: 11.45µg (10.9%), Vitamin B5: 1.01mg (10.05%), Folate: 32.77µg (8.19%), Vitamin D: 1.19µg (7.94%), Vitamin B6: 0.15mg (7.29%), Iron: 1.14mg (6.32%), Vitamin C: 4.68mg (5.68%), Potassium: 192.9mg (5.51%), Copper: 0.09mg (4.32%), Manganese: 0.08mg (3.98%), Magnesium: 13.95mg (3.49%), Vitamin B3: 0.61mg (3.06%), Vitamin B1: 0.04mg (2.84%), Fiber: 0.52g (2.09%)