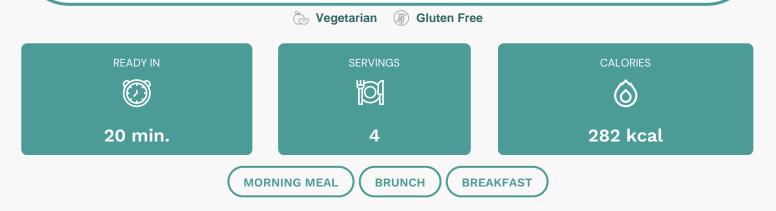


# Poached Eggs with Roasted Tomatoes and Portabellas



## **Ingredients**

0.5 teaspoon balsamic vinegar
O.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
Eq	uipment
	frying pan
	paper towels
	broiler
	slotted spoon
	broiler pan
Di	rections
	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: O.21mg, Naringenin: O.21mg, Naringenin: O.21mg, Naringenin: O.21mg Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Luteolin: O.05mg, Isorhamnetin: O.05mg, Isorhamnetin: O.05mg, Isorhamnetin: O.05mg, Isorhamnetin: O.05mg, Isorhamnetin: O.05mg, Isorhamnetin: O.04mg, Myricetin: O.04mg, Myricetin: O.04mg, Myricetin: O.04mg, Myricetin: O.04mg, Myricetin: O.04mg, Quercetin: O.22mg, Quercetin: O.22mg, Quercetin: O.22mg, Quercetin: O.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: Og (100%), Alcohol %: O% (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%)