



Poached Eggs with Roasted Tomatoes, Mushrooms, and Ham

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 large eggs
- ☐ 1 garlic clove halved
- ☐ 4 inch bread crumbs italian (3 to 4 inches wide)
- ☐ 0.8 lb mushrooms trimmed halved quartered (if large)
- ☐ 5 tablespoons olive oil
- ☐ 1.3 lb plum tomatoes halved lengthwise

- ☐ 0.5 teaspoon salt
- ☐ 0.3 lb ham smoked thinly sliced (8 slices)
- ☐ 1 teaspoon vinegar white

Equipment

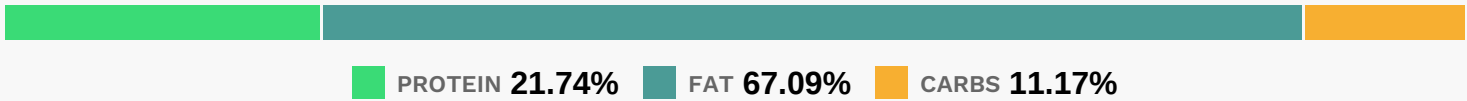
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400°F.
- ☐ Toss tomatoes and mushrooms with salt, pepper, and 2 tablespoons oil in a roasting pan. Arrange tomatoes cut sides up, then bake vegetables in lower third of oven until softened, about 20 minutes for mushrooms and 30 minutes for tomatoes. (- ☐ Transfer mushrooms to a bowl while tomatoes finish roasting.)
- ☐ Transfer 8 tomato halves to a blender and purée with 1 tablespoon oil until smooth. (Thin sauce with water if desired.) Season with salt and pepper and transfer to a small ovenproof dish for reheating.
- ☐ Brush both sides of bread slices with remaining 2 tablespoons oil, then bake on a baking sheet in upper third of oven until crisp and golden on edges, about 10 minutes. Rub tops of toasts with cut sides of garlic. Leave toasts on baking sheet. (Leave oven on.)
- ☐ Fill a deep 12-inch skillet or small flameproof roasting pan with 1 1/4 inches cold water.
- ☐ Add vinegar and bring to a simmer to poach eggs.
- ☐ Reheat tomato sauce and roasted tomatoes and mushrooms in lower third of oven 5 to 10 minutes.

- ☐
- Meanwhile, fold a slice of ham on top of each toast and heat in upper third of oven until warm, about 3 minutes.
- ☐
- While other ingredients are reheating, break 1 egg into a cup, then slide egg into simmering water. Repeat with remaining eggs, spacing them apart, and poach at a bare simmer until whites are firm but yolks are still runny, 2 to 3 minutes.
- ☐
- Transfer eggs with a slotted spoon to paper towels to drain and season with salt and pepper. Put 1 or 2 toasts on each plate and top each with a tomato half and a poached egg.
- ☐
- Drizzle with tomato sauce and scatter mushrooms around eggs.
- ☐
- The eggs in this recipe will not be 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 longer.
 - Vegetables can be prepared 1 day ahead. Chill tomatoes, mushrooms, and sauce separately, covered.
 - Toasts can be made 1 day ahead and cooled completely, then kept in a sealed plastic bag at room temperature.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:22.46869580642%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 387.52kcal (19.38%), Fat: 29.53g (45.43%), Saturated Fat: 6.47g (40.41%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 8.26g (3%), Sugar: 6.85g (7.61%), Cholesterol: 385.61mg (128.54%), Sodium: 798.61mg (34.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.53g (43.06%), Selenium: 38.73µg (55.33%), Vitamin B2: 0.83mg (48.88%), Phosphorus: 375.82mg (37.58%), Vitamin A: 1800.23IU (36%), Vitamin B5: 2.95mg (29.47%), Vitamin E: 4.4mg (29.31%), Vitamin C: 22.73mg (27.56%), Copper: 0.5mg (25.2%), Potassium: 853.21mg (24.38%), Vitamin K: 23µg (21.9%), Folate: 85.78µg (21.45%), Vitamin B3: 4.16mg (20.82%), Vitamin B6: 0.39mg (19.45%), Iron: 3.13mg (17.39%), Zinc: 2.52mg (16.79%), Vitamin B12: 0.92µg (15.4%), Vitamin D: 2.17µg (14.47%), Manganese: 0.27mg (13.51%), Magnesium: 45.93mg (11.48%), Vitamin B1: 0.17mg (11.33%), Fiber: 2.8g (11.2%), Calcium: 78.85mg (7.88%)