

# Portobello Baked Eggs

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 4 large eggs
- 2 oz goat cheese
- 3 tablespoons olive oil
- 4 medium portabello mushrooms
- 4 servings salt and pepper to taste
- 8 oz pkt spinach

## Equipment

- frying pan

oven

## Directions

- Turn the oven to broil. Clean mushroom caps and, if desired, lightly scrape the gills out of the underneath of each cap.
- Brush mushrooms on both sides with olive oil , and season with salt and pepper.
- Place gill side down on a sheet pan and cook for about 3–5 minutes.
- Remove from the oven. Turn the oven down to 350°F. Turn the mushrooms gill side up and start building. First, place the spinach into the cap building up the sides and creating a well in the middle, if necessary, to accommodate the egg.
- Add some goat cheese and Carefully break one egg into the well of each of the mushroom caps. Now place them back into your 350°F oven and bake for 15 to 17 minutes depending on how well done or sunny-side-up you like your eggs.
- Serve immediately.

## Nutrition Facts

**PROTEIN 20.47%** **FAT 70.12%** **CARBS 9.41%**

## Properties

Glycemic Index:8, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:25.939565368321%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## Nutrients (% of daily need)

Calories: 233.26kcal (11.66%), Fat: 18.76g (28.86%), Saturated Fat: 5.17g (32.29%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.65g (2.94%), Cholesterol: 192.52mg (64.17%), Sodium: 369.52mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Vitamin K: 280.58µg (267.22%), Vitamin A: 5733.09IU (114.66%), Selenium: 31.94µg (45.63%), Folate: 158.72µg (39.68%), Manganese: 0.6mg (29.76%), Vitamin B2: 0.5mg (29.34%), Phosphorus: 253.79mg (25.38%), Copper: 0.45mg (22.69%), Vitamin E: 3.23mg (21.54%), Vitamin B3: 4.28mg (21.42%), Potassium: 694.97mg (19.86%), Vitamin C: 15.93mg (19.31%), Vitamin B5: 1.86mg (18.57%), Vitamin B6: 0.36mg (17.77%), Iron: 3mg (16.68%), Magnesium: 53.07mg (13.27%),

Calcium: 106.72mg (10.67%), Zinc: 1.52mg (10.14%), Fiber: 2.34g (9.36%), Vitamin D: 1.31µg (8.72%), Vitamin B12: 0.51µg (8.57%), Vitamin B1: 0.12mg (8.25%)