



## Quick 'n Easy Brunch Eggs

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 eggs
- ☐ 1 Tbsp basil fresh chopped
- ☐ 1 Tbsp parsley fresh chopped
- ☐ 1 cup milk mozzarella cheese shredded 2% kraft
- ☐ 42 oz stewed tomatoes drained well canned
- ☐ 4 grain muffins whole split english toasted

### Equipment

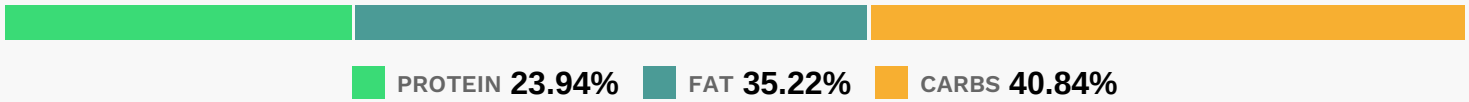
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 350F.
- ☐ Combine tomatoes and basil in 13x9-inch baking dish sprayed with cooking spray. Use back of spoon to make 8 wells in tomato mixture. Slip cracked egg into each well.
- ☐ Bake 25 min. or until egg whites are set and yolks are cooked to desired doneness. Top with cheese; bake 5 min. or until melted.
- ☐ Serve over muffin halves; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:15.046956435494%

Flavonoids

Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 201.82kcal (10.09%), Fat: 8.2g (12.62%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 17.98g (6.54%), Sugar: 7.86g (8.73%), Cholesterol: 174.74mg (58.25%), Sodium: 583.22mg (25.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.1%), Selenium: 28.27µg (40.38%), Manganese: 0.62mg (31.21%), Phosphorus: 247.53mg (24.75%), Calcium: 223.52mg (22.35%), Iron: 3.56mg (19.8%), Vitamin B2: 0.33mg (19.63%), Vitamin C: 12.53mg (15.19%), Vitamin K: 15.37µg (14.64%), Fiber: 3.43g (13.7%), Vitamin A: 671.22IU (13.42%), Copper: 0.26mg (13.2%), Potassium: 444.25mg (12.69%), Vitamin E: 1.85mg (12.34%), Vitamin B12: 0.71µg (11.85%), Vitamin B1: 0.18mg (11.76%), Magnesium: 46.92mg (11.73%), Zinc: 1.7mg (11.31%), Folate: 44.32µg (11.08%), Vitamin B5: 1.07mg (10.66%), Vitamin B3: 2.1mg (10.48%), Vitamin B6: 0.15mg (7.67%), Vitamin D: 0.94µg (6.24%)