



Roasted Asparagus with Poached Egg and Parmigiano-Reggiano

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



239 kcal

SIDE DISH

Ingredients

- 12 asparagus
- 2 large eggs organic
- 2 servings kosher salt
- 2 servings olive oil extra virgin extra-virgin
- 2 tablespoons parmesan grated
- 1 pinch pepper red crushed
- 3 tablespoons vinegar white

Equipment

- paper towels
- sauce pan
- oven
- slotted spoon

Directions

- Preheat the oven to 400 degrees F.
- Fill a large saucepan two-thirds of the way with water.
- Add the white vinegar and bring to a boil.
- Holding the tip and stem of each asparagus spear, snap the asparagus where it will naturally break. Discard the ends. Toss the asparagus with about 1 tablespoon olive oil and some salt.
- Place the asparagus in the oven and roast for 15 minutes.
- Reduce the heat on the water until the bubbles in the water have subsided.
- Gently crack and drop the eggs into the water. Cook the eggs for 3 to 4 minutes. When done, the whites will be cooked through and the yolks will be warm but still liquid.
- Using a slotted spoon, carefully remove the eggs from the saucepan and blot the bottom of the spoon on a paper towel before plating the egg.
- Remove the asparagus from the oven.
- Divide the roasted asparagus spears on plates and top each set of asparagus with a poached egg.
- Sprinkle with the grated Parmigiano and a couple flakes crushed red pepper.
- Sprinkle with a few drops olive oil.

Nutrition Facts

 **PROTEIN 17.05%**  **FAT 75.8%**  **CARBS 7.15%**

Properties

Glycemic Index:54.5, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:13.612608723018%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 13.42mg, Quercetin: 13.42mg, Quercetin: 13.42mg, Quercetin: 13.42mg

Nutrients (% of daily need)

Calories: 238.52kcal (11.93%), Fat: 20.17g (31.03%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 2.25g (0.82%), Sugar: 2.04g (2.27%), Cholesterol: 189.4mg (63.13%), Sodium: 348.39mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.41%), Vitamin K: 48.65µg (46.34%), Selenium: 18.81µg (26.88%), Vitamin E: 3.66mg (24.37%), Vitamin B2: 0.38mg (22.41%), Vitamin A: 1049.64IU (20.99%), Phosphorus: 184.73mg (18.47%), Folate: 73.78µg (18.45%), Iron: 3.07mg (17.03%), Calcium: 112.11mg (11.21%), Copper: 0.22mg (11.06%), Vitamin B1: 0.16mg (10.62%), Vitamin B5: 1.05mg (10.53%), Manganese: 0.18mg (9.06%), Vitamin B6: 0.18mg (8.9%), Zinc: 1.31mg (8.71%), Vitamin B12: 0.5µg (8.42%), Fiber: 2.03g (8.13%), Potassium: 269.15mg (7.69%), Vitamin D: 1.02µg (6.83%), Vitamin C: 5.38mg (6.52%), Magnesium: 21.96mg (5.49%), Vitamin B3: 1mg (4.98%)