



WHATSheATE



Romaine- and Egg-Stuffed Tomatoes with Pancetta

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 0.4 teaspoon pepper black
- ☐ 6 large eggs at room temperature
- ☐ 0.3 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 1 large garlic clove
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 6 oz pancetta italian sliced chopped (unsmoked cured bacon)
- ☐ 0.5 cup parmigiano-reggiano finely grated for serving

- ☐ 1.5 lb the of 1 cos lettuce
- ☐ 0.5 teaspoon salt
- ☐ 6 large tomatoes (3 inches in diameter)

Equipment

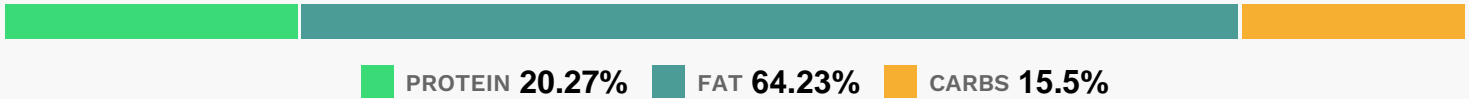
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Cook pancetta in 2 tablespoons oil in a 10- to 12-inch heavy skillet over moderate heat, stirring occasionally, until golden and crisp, 4 to 7 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain, reserving fat in skillet.
- ☐ Strip romaine leaves from stems, reserving both separately, then tear leaves into roughly 2-inch pieces. Measure 4 loosely packed cups of leaves and reserve remainder. With motor running, add garlic to food processor to finely chop. Turn off and add the 4 cups romaine leaves along with the parsley, 1/4 teaspoon salt, 1/4 teaspoon pepper, and cheese, then pulse until finely chopped. With motor running, add remaining cup oil in a slow stream, blending until incorporated.
- ☐ Put oven rack in upper third of oven and preheat oven to 400°F.
- ☐ Cut off about 1/8 inch from top of each tomato with a sharp knife. Gently scrape out pulp and seeds with a spoon and discard them. Put tomatoes, cut sides up, in a 9-inch glass or ceramic dish and spoon 1 tablespoon romaine-parsley pesto into each tomato (you will have extra pesto). Crack 1 egg into each tomato and season with salt and pepper.
- ☐ Bake eggs in tomatoes until whites are set and yolks are still runny, 18 to 22 minutes.

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- While eggs bake, heat fat in skillet over moderate heat until hot but not smoking, then cook remaining torn romaine leaves and stems, 1/4 teaspoon salt, and 1/8 teaspoon black pepper, turning and stirring with tongs, until leaves are wilted and stems are crisp-tender, about 3 minutes. Stir in pancetta and divide mixture among 6 plates. Top each serving with a tomato and sprinkle with additional cheese.
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- The eggs in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area.•Romaine-parsley pesto can be frozen in sealed plastic bags (press out any excess air) up to 3 months.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:26.536086953205%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 308.2kcal (15.41%), Fat: 22.49g (34.6%), Saturated Fat: 7.3g (45.62%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 7.52g (2.73%), Sugar: 6.41g (7.13%), Cholesterol: 210.38mg (70.13%), Sodium: 605.72mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.94%), Vitamin A: 11949.94IU (239%), Vitamin K: 174.28µg (165.98%), Folate: 209.44µg (52.36%), Vitamin C: 32.95mg (39.94%), Selenium: 23.46µg (33.51%), Phosphorus: 277.77mg (27.78%), Potassium: 861.82mg (24.62%), Vitamin B2: 0.39mg (23.11%), Manganese: 0.43mg (21.54%), Vitamin B6: 0.41mg (20.32%), Calcium: 188.77mg (18.88%), Fiber: 4.69g (18.76%), Vitamin B1: 0.25mg (16.92%), Iron: 2.85mg (15.82%), Vitamin E: 2.33mg (15.56%), Vitamin B3: 2.67mg (13.37%), Vitamin B5: 1.3mg (12.99%), Magnesium: 50.56mg (12.64%), Zinc: 1.81mg (12.09%), Vitamin B12: 0.69µg (11.45%), Copper: 0.22mg (10.97%), Vitamin D: 1.16µg (7.7%)