



Sautéed Greens with Olive Oil-Fried Eggs

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



545 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz the salad mixed
- 2 cups butternut squash (1 small squash)
- 2 tablespoons sherry dry
- 0.3 cup goat cheese crumbled
- 0.3 cup hazelnuts toasted chopped
- 1 teaspoon kosher salt divided
- 2 olive oil
- 4 tablespoons olive oil divided

1 medium size onion halved thinly sliced

Equipment

frying pan

baking sheet

oven

Directions

Preheat oven to 45

Toss squash with 2 Tbsp. olive oil, and spread in a single layer on a baking sheet; sprinkle with 1/2 tsp. salt.

Bake 20 minutes or until squash is soft and golden brown, stirring occasionally.

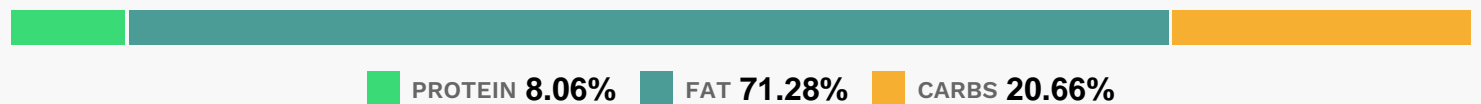
Meanwhile, saut onion in remaining 2 Tbsp. hot oil in a large skillet over medium heat 10 minutes or until onion is tender.

Add greens, next 2 ingredients, and squash, tossing to coat.

Sprinkle with remaining 1/2 tsp. salt. Cook, stirring often, 2 minutes or just until greens begin to wilt.

Sprinkle with goat cheese, and top with Olive Oil-Fried Eggs.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:27.556086877118%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg

0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin:
2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol:
0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,
Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 545.45kcal (27.27%), Fat: 44.4g (68.3%), Saturated Fat: 8.87g (55.46%), Carbohydrates: 28.96g (9.65%),
Net Carbohydrates: 23.77g (8.64%), Sugar: 6.46g (7.18%), Cholesterol: 13.05mg (4.35%), Sodium: 1313.14mg
(57.09%), Alcohol: 1.54g (100%), Alcohol %: 0.46% (100%), Protein: 11.29g (22.58%), Vitamin A: 16789.47IU
(335.79%), Vitamin C: 67.3mg (81.58%), Manganese: 1.54mg (76.86%), Vitamin E: 8.5mg (56.69%), Copper: 0.66mg
(33.02%), Folate: 121.2µg (30.3%), Vitamin B6: 0.56mg (27.89%), Potassium: 937.46mg (26.78%), Magnesium:
99.21mg (24.8%), Phosphorus: 236.27mg (23.63%), Vitamin B1: 0.32mg (21.66%), Vitamin K: 21.92µg (20.88%),
Fiber: 5.19g (20.76%), Iron: 3.45mg (19.14%), Calcium: 157.46mg (15.75%), Vitamin B3: 2.93mg (14.66%), Vitamin B2:
0.24mg (14.16%), Vitamin B5: 1.14mg (11.35%), Zinc: 1.25mg (8.34%), Selenium: 2.71µg (3.88%)