



Savory Parmesan Pain Perdu with Poached Eggs and Greens

READY IN



60 min.

SERVINGS



2

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces baby greens
- ☐ 6 slices baguette 1-inch-thick ()
- ☐ 3 large eggs divided
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup parmesan grated
- ☐ 2 teaspoons red-wine vinegar plus 3 drops for cooking eggs
- ☐ 1 tablespoon butter unsalted softened
- ☐ 1 cup milk whole

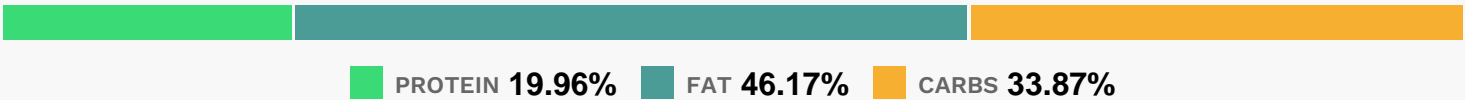
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Butter a 1-quart shallow baking dish or a 9-inch pie plate. Arrange bread in 1 layer in dish.
- ☐ Whisk together milk, 1 egg, and 1/4 teaspoon each of salt and pepper.
- ☐ Pour over bread.
- ☐ Sprinkle with cheese and press lightly to help bread absorb custard.
- ☐ Let stand until absorbed, 15 to 30 minutes.
- ☐ Dot with butter and bake, uncovered, until puffed and golden, 20 to 25 minutes.
- ☐ Bring 2 inches water to a boil with a few drops of vinegar in a small deep skillet or saucepan. Break each remaining egg into a cup and slide into water, spacing eggs apart. Poach at a bare simmer to desired doneness (we prefer firm whites with runny yolks, 2 to 3 minutes).
- ☐ Meanwhile, toss greens with remaining 2 teaspoons vinegar, oil, and 1/8 teaspoon salt.
- ☐ Divide pain perdu between 2 plates and top with salad. Lift eggs out of poaching liquid 1 at a time with a slotted spoon and place on top of salad. Lightly season eggs with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:68.38, Glycemic Load:34.07, Inflammation Score:-8, Nutrition Score:26.460434540458%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 644.65kcal (32.23%), Fat: 32.81g (50.48%), Saturated Fat: 13.81g (86.29%), Carbohydrates: 54.15g (18.05%), Net Carbohydrates: 52.13g (18.96%), Sugar: 10.85g (12.06%), Cholesterol: 325.69mg (108.56%), Sodium: 1155.32mg (50.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.83%), Selenium: 47.66µg (68.09%), Calcium: 594.6mg (59.46%), Phosphorus: 549.56mg (54.96%), Vitamin B2: 0.92mg (54.05%), Vitamin B1: 0.68mg (45.04%), Folate: 150.42µg (37.6%), Iron: 5.07mg (28.17%), Vitamin B12: 1.64µg (27.3%), Manganese: 0.52mg (26.03%), Vitamin A: 1294.87IU (25.9%), Vitamin B3: 4.77mg (23.85%), Vitamin B5: 2.12mg (21.23%), Vitamin D: 3.07µg (20.48%), Zinc: 2.98mg (19.87%), Vitamin B6: 0.35mg (17.37%), Magnesium: 63.06mg (15.76%), Vitamin E: 2.35mg (15.68%), Potassium: 481mg (13.74%), Copper: 0.2mg (9.76%), Vitamin K: 8.6µg (8.19%), Fiber: 2.02g (8.06%), Vitamin C: 6.6mg (8%)