



## Seared Scallions with Poached Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



266 kcal

SIDE DISH

### Ingredients

- ☐ 2 large eggs
- ☐ 2 servings pepper black freshly ground
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 bunches spring onion

### Equipment

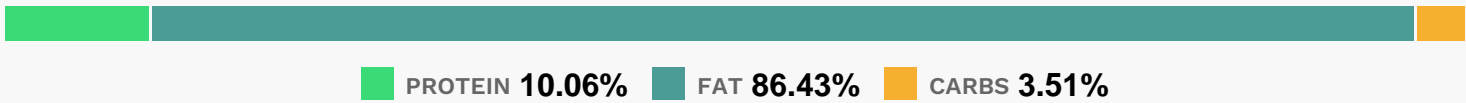
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ microwave
- ☐ slotted spoon
- ☐ grill pan

## Directions

- ☐ Mince 1 whole scallion, transfer to a bowl, and whisk in 2 tablespoons oil and lemon juice. Season to taste with salt and pepper and set scallion sauce aside.
- ☐ Put the remaining scallions on a plate.
- ☐ Drizzle with remaining oil and toss to coat. Season to taste with salt and pepper.
- ☐ Heat a large cast-iron grill pan or skillet over medium-high heat. Cook scallions, turning occasionally, until tender and slightly charred, about 5 minutes. Divide scallions between plates.
- ☐ Pour 1/2 cup water into each of two 8-ounce microwave-safe coffee cups. Crack 1 egg into each cup, making sure it's completely submerged. Cover each with a saucer. Microwave 1 egg on high until white is set but yolk is runny, about 1 minute (cooking time will vary depending on microwave). Uncover; using a slotted spoon, transfer egg to top of 1 serving of scallions. Dress with half of the scallion sauce. Repeat with remaining egg and sauce; serve.
- ☐ Per serving: 275 calories, 26 g fat, 0.7 g fiber
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:9.6182609252308%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 265.62kcal (13.28%), Fat: 25.81g (39.71%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.81g (0.9%), Cholesterol: 186mg (62%), Sodium: 75.31mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Vitamin K: 62.64µg (59.65%), Vitamin E: 3.69mg (24.57%), Selenium: 15.5µg (22.14%), Vitamin B2: 0.25mg (14.6%), Phosphorus: 108.24mg (10.82%), Vitamin A: 509.98IU (10.2%), Folate: 39.38µg (9.84%), Vitamin B5: 0.79mg (7.89%), Iron: 1.36mg (7.55%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Vitamin C: 5.48mg (6.64%), Vitamin B6: 0.1mg (5.05%), Zinc: 0.74mg (4.94%), Calcium: 46.08mg (4.61%), Potassium: 139.35mg (3.98%), Manganese: 0.07mg (3.27%), Copper: 0.06mg (2.88%), Magnesium: 11.12mg (2.78%), Fiber: 0.66g (2.63%), Vitamin B1: 0.03mg (2.26%)