



Shirred Eggs with Black-Eyed Pea Salsa and Collard Greens

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons percent milk
- ☐ 2 ounces bacon thick
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 15 ounces black-eyed peas rinsed drained canned
- ☐ 10 ounces collard greens frozen thawed drained chopped
- ☐ 4 large eggs
- ☐ 2 tablespoons chives fresh chopped (or parsley)

- ☐ 0.5 cup bell pepper diced green
- ☐ 1 small chile green chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 cup tomatoes diced

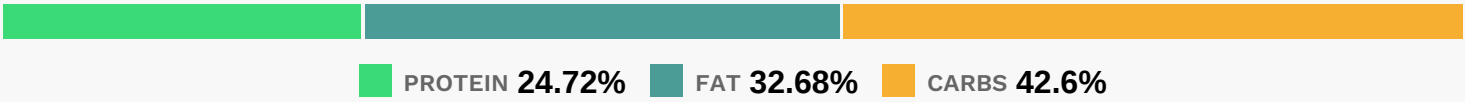
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ In a skillet, cook bacon over medium heat until crisp; drain on papertowel; chop fine.
- ☐ Drain all but 1 teaspoon bacon drippings from skillet.
- ☐ Heatover medium heat. Cook onion, stirring, 3 minutes.
- ☐ Add collards,1/4 teaspoon salt and 1/4 teaspoon pepper; cook, stirring occasionally, 3 minutes.Stir in bacon; turn off heat. In a bowl, combine peas, bell pepper,tomato, chives, juice, vinegar, remaining 1/2 teaspoon salt, remaining 1/4 teaspoonpepper and chile, if desired.
- ☐ Heat oven to 375°. Coat 4 gratin disheswith cooking spray. Divide collards evenly among gratins; make spacein center of collards for eggs. Crack 1 egg and gently pour into 1 gratin;repeat with remaining eggs and gratins. Spoon 1 tablespoon milk overeach egg.
- ☐ Bake, covered loosely with foil, until egg whites are cookedthrough, 10 to 15 minutes. Spoon pea salsa onto eggs; serve.
- ☐ calories, 12 grams fat, 4 grams saturated fat, 26 grams carbohydrate, 7 grams fiber, 15 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:7.33, Inflammation Score:-10, Nutrition Score:33.294782472693%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 312.84kcal (15.64%), Fat: 11.65g (17.93%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 22.71g (8.26%), Sugar: 7.93g (8.81%), Cholesterol: 196.11mg (65.37%), Sodium: 664.11mg (28.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.65%), Vitamin K: 318.35µg (303.19%), Folate: 350.98µg (87.74%), Vitamin A: 4173.02IU (83.46%), Vitamin C: 50.42mg (61.12%), Manganese: 1.12mg (56.23%), Fiber: 11.47g (45.87%), Phosphorus: 340.83mg (34.08%), Selenium: 22.33µg (31.9%), Vitamin B2: 0.43mg (25.56%), Calcium: 254.51mg (25.45%), Vitamin B1: 0.36mg (23.99%), Magnesium: 94.71mg (23.68%), Iron: 4.21mg (23.38%), Vitamin B6: 0.47mg (23.26%), Potassium: 720.65mg (20.59%), Copper: 0.41mg (20.35%), Vitamin E: 2.69mg (17.92%), Zinc: 2.54mg (16.94%), Vitamin B5: 1.63mg (16.27%), Vitamin B12: 0.61µg (10.12%), Vitamin B3: 1.95mg (9.73%), Vitamin D: 1.22µg (8.14%)