



## Simple Baked Eggs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 1 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 6 large eggs
- 0.8 teaspoon salt
- 2 tablespoons whipping cream

## Equipment

- oven
- ramekin

baking pan

## Directions

Preheat oven to 35

Coat each of 6 (6-ounce) ramekins or custard cups with 1/2 teaspoon butter. Break 1 egg into each prepared ramekin.

Sprinkle eggs evenly with pepper and salt; spoon 1 teaspoon cream over each egg.

Place ramekins in a 13 x 9-inch baking dish; add hot water to pan to a depth of 1 1/4 inches.

Bake at 350 for 25 minutes or until eggs are set.

## Nutrition Facts

 PROTEIN **24.74%** FAT **72.53%** CARBS **2.73%**

## Properties

Glycemic Index:13.67, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.0726086986454%

## Nutrients (% of daily need)

Calories: 106.07kcal (5.3%), Fat: 8.46g (13.02%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.33g (0.37%), Cholesterol: 196.67mg (65.56%), Sodium: 378.11mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (12.99%), Selenium: 15.54µg (22.2%), Vitamin B2: 0.24mg (14.08%), Phosphorus: 102.99mg (10.3%), Vitamin A: 403.63IU (8.07%), Vitamin B5: 0.79mg (7.86%), Vitamin B12: 0.46µg (7.62%), Vitamin D: 1.08µg (7.2%), Folate: 23.83µg (5.96%), Iron: 0.92mg (5.09%), Zinc: 0.66mg (4.43%), Vitamin B6: 0.09mg (4.39%), Vitamin E: 0.63mg (4.19%), Calcium: 33.52mg (3.35%), Manganese: 0.06mg (2.87%), Potassium: 78.8mg (2.25%), Copper: 0.04mg (2.06%), Magnesium: 6.97mg (1.74%), Vitamin B1: 0.02mg (1.43%)