



Skillet Poached Eggs with Prosciutto

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 cups arugula
- ☐ 0.5 teaspoon coarse salt
- ☐ 8 large eggs
- ☐ 1 cup spring onion finely chopped
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup parsley fresh italian minced
- ☐ 4 servings parsley fresh italian
- ☐ 4 ounces pancetta thin

☐ 4.5 inch sourdough bread country-style

Equipment

☐ bowl

☐ frying pan

☐ whisk

☐ ramekin

☐ spatula

☐ pastry brush

☐ oven mitt

Directions

☐ Finely chop the green onion tops by first cutting them lengthwise into long, thin strips.

☐ Combine chopped green onion tops, extra-virgin olive oil, minced Italian parsley, and salt in small bowl; whisk to blend. (Can be prepared 3 hours ahead.

☐ Let stand at room temperature.)

☐ Lightly toast 4 sourdough bread slices.

☐ Spread each with 1 tablespoon green onion oil. Arrange 1/4 of arugula on each bread slice. Top each with 2 slices prosciutto.

☐ Transfer 1 prepared bread slice to each of 4 plates.

☐ Divide remaining green onion oil equally among four 1 1/4-cup custard cups or ramekins. Using pastry brush, spread green onion oil over inside of each cup to coat (most of mixture will fall back to bottom of cup). This will keep the eggs from sticking, making them easier to unmold later. Break open 2 eggs into each prepared cup.

☐ Place cups in large skillet.

☐ Pour enough water into skillet to reach halfway up sides of cups.

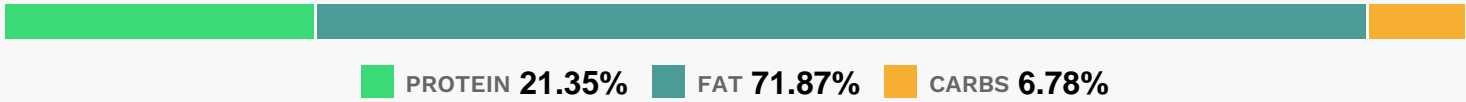
☐ Set skillet over medium-high heat and bring water to simmer. Reduce heat to medium-low. Cover skillet and gently cook eggs until whites are just firm to touch and yolks are set to desired consistency, about 6 minutes.

☐ Using spatula and oven mitt or hand towel as aids, lift cups with eggs from water.

- ☐
- Cut around eggs to loosen. Turn 2 eggs out onto each prepared bread slice.

☐

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:1.73, Inflammation Score:-8, Nutrition Score:20.729565309442%

Flavonoids

Apigenin: 16.72mg, Apigenin: 16.72mg, Apigenin: 16.72mg, Apigenin: 16.72mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.43mg, Kaempferol: 7.43mg, Kaempferol: 7.43mg, Kaempferol: 7.43mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 332.52kcal (16.63%), Fat: 26.47g (40.73%), Saturated Fat: 7.7g (48.09%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.33g (1.58%), Sugar: 1.56g (1.73%), Cholesterol: 390.71mg (130.24%), Sodium: 651.41mg (28.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.38%), Vitamin K: 204.22µg (194.5%), Selenium: 37.43µg (53.48%), Vitamin A: 1927.2IU (38.54%), Vitamin B2: 0.54mg (31.59%), Phosphorus: 265.97mg (26.6%), Folate: 97.69µg (24.42%), Vitamin C: 18.01mg (21.83%), Vitamin B5: 1.84mg (18.37%), Iron: 3.15mg (17.52%), Vitamin B12: 1.03µg (17.2%), Vitamin E: 2.24mg (14.91%), Vitamin B6: 0.29mg (14.26%), Vitamin D: 2.11µg (14.09%), Zinc: 1.93mg (12.86%), Calcium: 119.83mg (11.98%), Vitamin B1: 0.17mg (11.18%), Potassium: 383.32mg (10.95%), Magnesium: 34.6mg (8.65%), Vitamin B3: 1.65mg (8.23%), Manganese: 0.16mg (8.17%), Copper: 0.14mg (6.8%), Fiber: 1.29g (5.15%)