



Slow-cooked Truffled Eggs with Brioche Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices day-old brioche thick toasted
- ☐ 1 tablespoon butter
- ☐ 8 large eggs
- ☐ 0.5 cup milk
- ☐ 0.8 cup mushrooms sliced
- ☐ 4 salt ()
- ☐ 1 tablespoons truffle oil white

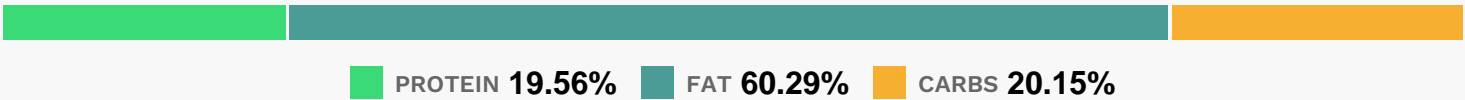
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat butter in a small frying pan over medium heat until foam subsides.
- ☐ Add mushrooms and cook, stirring occasionally, until they give up most of their liquid and are tender and beginning to brown. Turn out into a small bowl and set aside.
- ☐ Whisk the eggs and milk lightly together in a small 1-quart saucepan.
- ☐ Add the truffle oil and about 4 pinches of salt. Over low heat, stir the eggs constantly with a wooden spatula, keeping contact with the bottom of the pan. When eggs begin to come together, add mushrooms. In 5 minutes or so, the eggs will be creamy, soft, and ready to serve. Best eaten with a spoon, with brioche toasts alongside (or pile the eggs on the toast).

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:12.066956669092%

Nutrients (% of daily need)

Calories: 371.45kcal (18.57%), Fat: 24.9g (38.31%), Saturated Fat: 10.5g (65.65%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 18.55g (6.74%), Sugar: 2.2g (2.44%), Cholesterol: 443.04mg (147.68%), Sodium: 724.59mg (31.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.35%), Selenium: 32.99µg (47.13%), Vitamin B2: 0.57mg (33.68%), Phosphorus: 245.13mg (24.51%), Vitamin A: 976.83IU (19.54%), Vitamin B5: 1.92mg (19.2%), Vitamin B12: 1.07µg (17.8%), Vitamin D: 2.37µg (15.81%), Folate: 50.17µg (12.54%), Iron: 2.21mg (12.3%), Calcium: 115.15mg (11.52%), Vitamin E: 1.65mg (11.01%), Vitamin B6: 0.21mg (10.37%), Zinc: 1.51mg (10.09%), Potassium: 241.95mg (6.91%), Copper: 0.13mg (6.49%), Vitamin B1: 0.07mg (4.79%), Magnesium: 17.36mg (4.34%), Vitamin B3: 0.76mg (3.79%), Vitamin K: 2.74µg (2.61%), Manganese: 0.04mg (1.93%)