



Soft Boiled Eggs with Red Spinach on Toast

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 4 large eggs
- ☐ 2 tablespoon juice of lemon
- ☐ 4 servings lemon wedges for garnish
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings salt & pepper to taste
- ☐ 1 bunch young spinach fresh red
- ☐ 4 tablespoon walnut oil

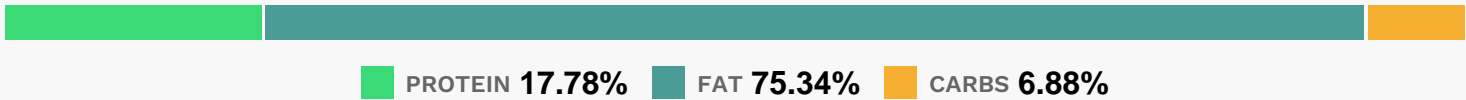
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the eggs in a small sauce pan and fill it with enough cool water to cover about ½-inch. Bring the pan to a boil, then reduce heat to a simmer and cook for 1 ½ minutes exactly. This will produce an egg with its white set and its yolk, quite runny. The yolk and squeezed lemon is the sauce in this dish, so do not over cook the eggs. Gently peel them trying to keep the egg in tact. I like them warm for this dish, but you may store them in the refrigerator, covered up to one day.
- ☐ Add the walnut oil and a big pinch of salt and pepper to a large bowl. Clean and dry the spinach then remove all the thick stems and tear the leaves into big chunks.
- ☐ Add the spinach to the bowl and toss to get it well coated in the oil.
- ☐ Heat a saute pan over medium-high heat and saute the spinach until it begins to wilt, about 2 minutes. Toss in the lemon juice and adjust seasoning.
- ☐ Remove from the heat and cover the pan a few minutes while you begin to plate the dish.
- ☐ Place a toast on each of 4 plates. Top each one with ¼ of the wilted spinach and o peeled, whole soft-boiled egg.
- ☐ Sprinkle each plate with some parmesan and additional salt and pepper.
- ☐ Place a few lemon wedges along side for spritzing.
- ☐ Serve warm.
- ☐ Place

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:23.703478429628%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 241.25kcal (12.06%), Fat: 20.72g (31.88%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.81g (0.9%), Cholesterol: 190.25mg (63.42%), Sodium: 432.16mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11g (22.01%), Vitamin K: 412.91µg (393.24%), Vitamin A: 8289.93IU (165.8%), Folate: 190.45µg (47.61%), Manganese: 0.78mg (38.97%), Vitamin C: 27.32mg (33.11%), Selenium: 17.62µg (25.17%), Vitamin B2: 0.41mg (24.19%), Magnesium: 76.43mg (19.11%), Calcium: 186.98mg (18.7%), Phosphorus: 184.79mg (18.48%), Iron: 3.24mg (18.02%), Potassium: 558.2mg (15.95%), Vitamin E: 2.33mg (15.55%), Vitamin B6: 0.26mg (13.03%), Vitamin B12: 0.52µg (8.67%), Vitamin B5: 0.86mg (8.62%), Zinc: 1.27mg (8.48%), Fiber: 1.92g (7.68%), Copper: 0.15mg (7.51%), Vitamin D: 1.03µg (6.88%), Vitamin B1: 0.09mg (6.06%), Vitamin B3: 0.68mg (3.39%)