



Spinach baked eggs with parmesan & tomato toasts



Vegetarian



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



431 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 400 g pkt spinach fresh
- ☐ 100 g butter-flavored spread
- ☐ 4 eggs
- ☐ 8 slices crusty baguette french

Equipment

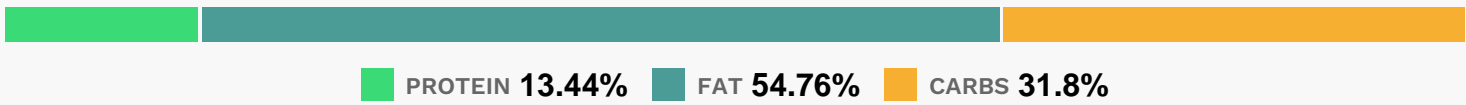
- ☐ frying pan
- ☐ oven

- ☐ ramekin
- ☐ grill

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Wash the spinach and trim off any thick stalks. Put into a large pan, then cook, covered, until the spinach is wilted, about 2–3 mins.
- ☐ Drain well, pressing out all excess water, then return to the pan with about a quarter of the butter, stirring until the spinach is glistening.
- ☐ Heat grill to high. Divide the spinach between 4 buttered ramekins, then break an egg into each. Season with salt and pepper, then top with a slice of butter.
- ☐ Bake for 10–12 mins, until the eggs are just set. Meanwhile, grill the bread on one side until crisp, then spread the untoasted side with the remaining butter and grill again until crisp.
- ☐ Serve the eggs with the toast on the side.

Nutrition Facts



Properties

Glycemic Index:38.44, Glycemic Load:21.59, Inflammation Score:-10, Nutrition Score:30.57304390617%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 6.38mg, Kaempferol: 6.38mg, Kaempferol: 6.38mg, Kaempferol: 6.38mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 430.93kcal (21.55%), Fat: 26.6g (40.92%), Saturated Fat: 14.64g (91.49%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 31.2g (11.35%), Sugar: 3.6g (4%), Cholesterol: 217.43mg (72.48%), Sodium: 697.75mg (30.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.38%), Vitamin K: 486.8µg (463.62%), Vitamin A: 10239.35IU (204.79%), Folate: 283.91µg (70.98%), Manganese: 1.21mg (60.31%), Selenium: 25.77µg (36.81%), Vitamin B2: 0.6mg (35.53%), Vitamin C: 28.1mg (34.06%), Iron: 5.69mg (31.63%), Vitamin B1: 0.47mg (31.29%), Magnesium: 101.42mg (25.35%), Vitamin E: 3.26mg (21.72%), Phosphorus: 202.92mg (20.29%), Potassium: 704.08mg (20.12%), Calcium: 196.84mg (19.68%), Vitamin B3: 3.67mg (18.37%), Vitamin B6: 0.34mg (16.86%), Fiber: 3.54g (14.18%), Copper: 0.24mg (11.96%), Zinc: 1.63mg (10.84%), Vitamin B5: 1.01mg (10.09%), Vitamin B12: 0.43µg

(7.24%), Vitamin D: 0.88μg (5.87%)