



Sun Dried Tomato and Herb Baked Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



1

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 eggs
- 0.5 Tsp basil fresh
- 0.5 Tsp basil fresh
- 0.5 Tsp parsley fresh
- 1 Tsp olive oil
- 1 Tbsp sun-dried olives

Equipment

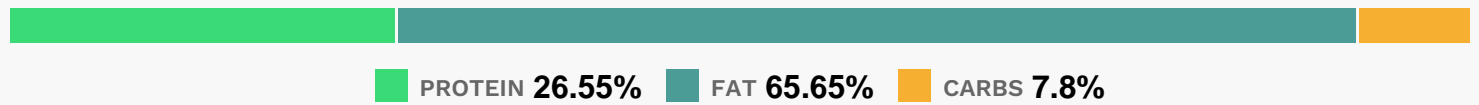
- oven

ramekin

Directions

- Preheat oven to 350 F. Cover the inside of one ramekin or oven safe dish with olive oil. Line the bottom of the dish with sundried tomatoes and break two eggs on top.
- Sprinkle with fresh herbs.
- Bake uncovered for 15–20 minutes until egg whites are firm.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:202, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:10.684782608696%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Taste

Sweetness: 45.1%, Saltiness: 100%, Sourness: 14.86%, Bitterness: 6.88%, Savoriness: 57.96%, Fattiness: 82%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 179kcal (8.95%), Fat: 13.03g (20.05%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.83g (1.03%), Sugar: 2.21g (2.46%), Cholesterol: 327.36mg (109.12%), Sodium: 130.51mg (5.67%), Protein: 11.86g (23.71%), Selenium: 27.3µg (39%), Vitamin B2: 0.43mg (25.19%), Phosphorus: 193.19mg (19.32%), Vitamin B5: 1.46mg (14.58%), Vitamin K: 14.24µg (13.56%), Vitamin B12: 0.78µg (13.05%), Vitamin A: 628.61IU (12.57%), Vitamin D: 1.76µg (11.73%), Iron: 2.09mg (11.59%), Folate: 46.2µg (11.55%), Vitamin E: 1.59mg (10.59%), Potassium: 299.16mg (8.55%), Vitamin B6: 0.17mg (8.47%), Zinc: 1.25mg (8.34%), Copper: 0.14mg (7.11%), Manganese: 0.14mg (7%), Calcium: 58.43mg (5.84%), Magnesium: 21.57mg (5.39%), Vitamin B1: 0.06mg (4.15%), Vitamin C: 2.39mg (2.89%), Vitamin B3: 0.54mg (2.69%), Fiber: 0.65g (2.59%)