



## Sunday Brunch: Baked Eggs with Spinach

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.5 cup breadcrumbs plain
- 0.5 cup parmesan grated (preferably Parmesan, but cheddar and Gruyere work, too)
- 8 eggs
- 3 tablespoons olive oil
- 4 servings salt and pepper
- 2 pounds pkt spinach (fresh frozen washed and trimmed) or

### Equipment

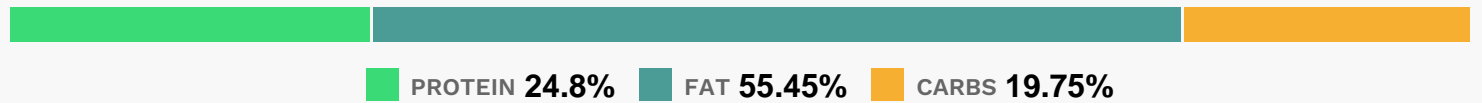
- oven

- pot
- baking pan

## Directions

- Preheat the oven to 350°. Bring a large pot of water to a boil; salt it. Boil the spinach for about a minute, or until it is bright green and tender.
- Drain well. When it is cool enough to handle, squeeze the moisture from it and chop. (Here is where I admit that I used frozen spinach and simply let it thaw completely, squeezed it, chopped it up, and sautéed it in some butter before proceeding. I did not want to boil water.)
- Put the butter or oil in a 9x13 inch baking dish and put the dish in the oven. When the butter melts or the oil is hot, toss the spinach in the dish, stirring to coat it with fat.
- Spread the spinach in the dish and use the back of a spoon to make 8 little nests in the spinach. Crack 1 egg into each. Top with salt, pepper, cheese, and bread crumbs.
- Bake for 15 to 20 minutes, or until the eggs are just set and the whites solidified. Scoop out some spinach with each egg and serve on toast or toasted English muffins.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:44.586956148562%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

## Nutrients (% of daily need)

Calories: 373.15kcal (18.66%), Fat: 23.7g (36.46%), Saturated Fat: 6.56g (41%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 13.39g (4.87%), Sugar: 2.22g (2.46%), Cholesterol: 335.86mg (111.95%), Sodium: 797.2mg (34.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.69%), Vitamin K: 1103.11µg (1050.58%), Vitamin A: 21839.5IU (436.79%), Folate: 496.66µg (124.17%), Manganese: 2.19mg (109.3%), Vitamin C: 63.73mg (77.25%), Vitamin B2: 0.93mg (54.51%), Selenium: 35.5µg (50.71%), Magnesium: 201.04mg (50.26%), Iron: 8.5mg (47.23%), Vitamin E: 7.08mg (47.19%), Calcium: 446.74mg (44.67%), Potassium: 1425.07mg (40.72%), Phosphorus: 394.4mg

(39.44%), Vitamin B6: 0.62mg (30.98%), Vitamin B1: 0.35mg (23.17%), Fiber: 5.6g (22.39%), Copper: 0.4mg (19.84%), Zinc: 2.88mg (19.18%), Vitamin B12: 0.98µg (16.34%), Vitamin B5: 1.63mg (16.28%), Vitamin B3: 2.64mg (13.19%), Vitamin D: 1.82µg (12.15%)