



Sunday Brunch: Spinach Baked Eggs

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 tablespoons butter
- 4 eggs
- 2 tablespoon flour all-purpose
- 3 cups spinach frozen thawed chopped
- 2 cloves garlic minced
- 4 servings kosher salt black
- 0.5 cups milk
- 1 onion finely chopped

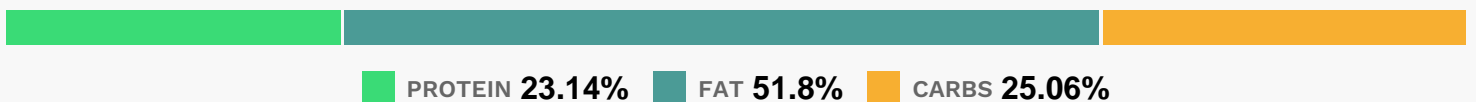
Equipment

- frying pan
- baking sheet
- oven
- ramekin
- baking pan

Directions

- Melt butter in a skillet, add chopped onion, and cook until transparent, about 4 minutes.
- Add minced garlic and cook until fragrant, about 3 minutes.
- Add chopped spinach and cook until most of the water that remained in the spinach has evaporated, about 7 minutes.
- Sprinkle flour over spinach mixture and stir until well combined.
- Add 1/2 cup milk and stir to combine. Bring to a simmer and allow milk to thicken. If you're looking for a looser baked egg, add more milk. Season to taste with salt and pepper. Bring a kettle to a boil.
- Divide spinach mixture between 4 ramekins, and crack 1 egg on top of each.
- Place ramekins in high-rimmed baking sheet and pour boiling water in baking dish until it reaches halfway up the sides of the ramekins.
- Bake at 350°F until white is set but yolk remains runny, about 23 minutes.
- Serve with lots of toast for dipping.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:26.006086888521%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 192.23kcal (9.61%), Fat: 11.58g (17.81%), Saturated Fat: 5.61g (35.06%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 8.6g (3.13%), Sugar: 3.59g (3.98%), Cholesterol: 182.39mg (60.8%), Sodium: 400.88mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.27%), Vitamin K: 436.1µg (415.33%), Vitamin A: 14182.04IU (283.64%), Folate: 202.67µg (50.67%), Manganese: 0.92mg (46.19%), Selenium: 22.8µg (32.57%), Vitamin B2: 0.54mg (31.48%), Vitamin E: 4.04mg (26.94%), Magnesium: 100.79mg (25.2%), Calcium: 224.49mg (22.45%), Phosphorus: 191.26mg (19.13%), Iron: 3.24mg (18.01%), Vitamin B6: 0.35mg (17.41%), Potassium: 563.19mg (16.09%), Fiber: 3.99g (15.97%), Vitamin B1: 0.19mg (12.67%), Copper: 0.22mg (11.06%), Vitamin C: 8.94mg (10.83%), Vitamin B5: 0.97mg (9.65%), Zinc: 1.45mg (9.63%), Vitamin B12: 0.57µg (9.47%), Vitamin D: 1.22µg (8.1%), Vitamin B3: 0.93mg (4.62%)