



Sunny-Side-up Eggs on Mustard-Creamed Spinach with Crispy Crumbs

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread fresh country-style crustless
- ☐ 5 teaspoons dijon mustard divided
- ☐ 2 large eggs
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 3 tablespoons half and half
- ☐ 0.5 teaspoon mustard seeds
- ☐ 2 teaspoons olive oil

- ☐ 9 ounce pkt spinach fresh
- ☐ 1 sprigs thyme sprigs fresh (for garnish)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 400°F. Toss crumbs with 2 teaspoons mustard, 2 teaspoons oil, and mustard seeds in medium bowl to coat.
- ☐ Scatter on rimmed baking sheet.
- ☐ Bake until golden and crisp, 6 to 8 minutes.Meanwhile, add enough water to deep large nonstick skillet to cover bottom.
- ☐ Add spinach; toss over high heat to wilt, about 2 minutes.
- ☐ Scrape into sieve set over bowl; press out liquid. Wipe out skillet; reserve.
- ☐ Transfer spinach to medium saucepan.
- ☐ Add 3 teaspoons mustard, half and half, and chopped thyme. Stir over medium heat until thick, about 3 minutes. Season with freshly ground black pepper.
- ☐ Remove from heat.
- ☐ Heat remaining 1 tablespoon oil in reserved skillet over medium-high heat. Crack eggs into skillet, spacing apart. Fry until whites are cooked through, 3 to 4 minutes. Divide spinach between 2 plates, spreading out as base for eggs. Top with eggs, crumbs, and thyme sprigs.
- ☐ Per serving: 346 calories, 22 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 20.36%**  **FAT 39.24%**  **CARBS 40.4%**

Properties

Glycemic Index:106.33, Glycemic Load:15.79, Inflammation Score:-10, Nutrition Score:37.387825924417%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 8.14mg, Kaempferol: 8.14mg, Kaempferol: 8.14mg, Kaempferol: 8.14mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 340.69kcal (17.03%), Fat: 15.24g (23.44%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 29.28g (10.65%), Sugar: 5.27g (5.85%), Cholesterol: 193.88mg (64.63%), Sodium: 603.09mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.58%), Vitamin K: 622.15µg (592.53%), Vitamin A: 12393.71IU (247.87%), Manganese: 1.96mg (97.99%), Folate: 324.71µg (81.18%), Selenium: 40.19µg (57.42%), Vitamin C: 38.67mg (46.88%), Vitamin B2: 0.68mg (39.98%), Iron: 7.02mg (39.03%), Magnesium: 144.46mg (36.11%), Phosphorus: 280.49mg (28.05%), Calcium: 268.29mg (26.83%), Vitamin B1: 0.4mg (26.65%), Potassium: 927.41mg (26.5%), Vitamin E: 3.94mg (26.27%), Fiber: 6.01g (24.05%), Vitamin B3: 4.43mg (22.12%), Vitamin B6: 0.43mg (21.37%), Copper: 0.31mg (15.69%), Zinc: 2.18mg (14.51%), Vitamin B5: 1.45mg (14.49%), Vitamin B12: 0.49µg (8.13%), Vitamin D: 1µg (6.67%)