



Sunrise Skillet

 Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

Ingredients

- 4 eggs
- 2 cloves garlic minced
- 0.1 tsp ground pepper red (cayenne)
- 29 oz no-salt-added tomatoes diced undrained canned
- 1 Tbsp olive oil
- 0.3 cup onions chopped
- 3 Tbsp parmesan cheese grated kraft

Equipment

frying pan

oven

Directions

Heat oven to 400F.

Drain 1 can tomatoes; discard liquid.

Heat oil in large ovenproof skillet on medium heat.

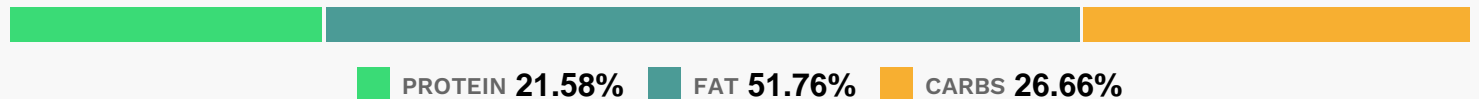
Add onions and garlic; cook and stir 3 to 5 min. or until onions are crisp-tender. Stir in tomatoes and red pepper; bring to boil, stirring occasionally.

Top with eggs, spacing evenly over tomato mixture.

Sprinkle with cheese.

Bake 16 to 18 min. or until eggs are done.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:11.614782685819%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 151kcal (7.55%), Fat: 9.03g (13.89%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.5g (6.11%), Cholesterol: 166.94mg (55.65%), Sodium: 149.4mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Vitamin C: 20.37mg (24.69%), Selenium: 15.29µg (21.85%), Vitamin B2: 0.33mg (19.53%), Vitamin B6: 0.34mg (16.9%), Vitamin E: 2.4mg (16.02%), Iron: 2.85mg (15.84%), Phosphorus: 155.31mg (15.53%), Potassium: 475.81mg (13.59%), Calcium: 126.64mg (12.66%), Vitamin A: 534.25IU (10.69%), Manganese: 0.21mg (10.64%), Folate: 39.35µg (9.84%), Vitamin B5: 0.95mg (9.5%), Copper: 0.18mg (9.18%), Fiber: 2.27g (9.09%), Vitamin K: 8.37µg (7.98%), Vitamin B1: 0.12mg (7.93%), Magnesium: 30.66mg (7.67%), Vitamin B3: 1.53mg (7.63%), Vitamin B12: 0.44µg (7.37%), Zinc: 1.05mg (7.02%), Vitamin D: 0.9µg (5.99%)