



Swiss Chard-Ricotta Galettes with Fried Eggs

READY IN



120 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 9 large eggs divided
- ☐ 8 basil fresh cut into thin strips
- ☐ 8 ounces ricotta cheese fresh
- ☐ 1 pinch nutmeg
- ☐ 1 pinch ground pepper red
- ☐ 2 tablespoons milk

- ☐ 1 tablespoon olive oil
- ☐ 4 ounces parmesan cheese freshly grated
- ☐ 6 servings pastry crust
- ☐ 0.5 teaspoon sea salt fine

Equipment

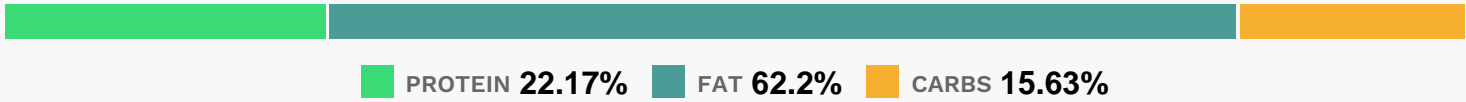
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Cover and chill Simple Pastry Crust 1 hour or overnight.
- ☐ Meanwhile, heat olive oil in a large skillet over medium-high heat.
- ☐ Add chard, and cook about 1 minute or until just wilted. Set aside to cool slightly.
- ☐ Whisk 2 eggs in a medium bowl. Stir in ricotta cheese and next 6 ingredients. Stir in cooled chard.
- ☐ Lightly grease 2 large baking sheets or line each with parchment paper. Divide each pastry crust evenly into 3 pieces.
- ☐ Roll each piece into a 6-inch circle on a lightly floured surface.
- ☐ Place on prepared baking sheets.
- ☐ Place about 1/3 cup egg mixture into center of each crust. Fold up about 1 inch of crust around mixture, pinching edge together to create a free-form rim.
- ☐ Combine 1 egg and milk; brush outside of each galette with mixture.
- ☐ Bake 20 to 25 minutes or until edges begin to brown.
- ☐ Melt butter in a very large nonstick skillet over medium heat. Fry remaining 6 eggs to desired degree of doneness.
- ☐ Place 1 egg on each galette.

- ☐ Sprinkle with additional salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.83, Glycemic Load:4.2, Inflammation Score:-9, Nutrition Score:21.927391259567%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 389.08kcal (19.45%), Fat: 26.79g (41.21%), Saturated Fat: 12.76g (79.77%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 14.28g (5.19%), Sugar: 0.81g (0.9%), Cholesterol: 330.37mg (110.12%), Sodium: 817.38mg (35.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.96%), Vitamin K: 102.31µg (97.44%), Selenium: 39.92µg (57.03%), Vitamin A: 2830.81IU (56.62%), Phosphorus: 359.66mg (35.97%), Vitamin B2: 0.59mg (34.96%), Calcium: 318.83mg (31.88%), Folate: 97.17µg (24.29%), Vitamin B12: 1.09µg (18.17%), Manganese: 0.33mg (16.59%), Zinc: 2.46mg (16.4%), Iron: 2.74mg (15.23%), Vitamin B5: 1.39mg (13.91%), Vitamin E: 1.86mg (12.38%), Vitamin D: 1.73µg (11.5%), Vitamin B1: 0.16mg (10.83%), Vitamin B6: 0.21mg (10.44%), Magnesium: 39.98mg (10%), Potassium: 316.47mg (9.04%), Vitamin C: 5.73mg (6.95%), Copper: 0.12mg (5.99%), Vitamin B3: 1.05mg (5.23%), Fiber: 0.87g (3.48%)