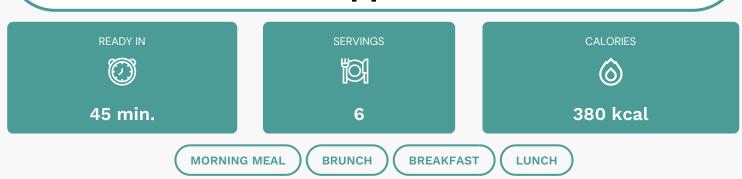


Three-Cheese Baked Eggs with Roasted Peppers



Ingredients

0.8 teaspoon double-acting baking powder
6 oz sharp cheddar cheese extra-sharp grated
9 large eggs
0.3 cup flour all-purpose
2 oz parmesan grated
3 medium bell pepper red
1 teaspoon salt
6 servings spring onion thin

	0.5 cup spring onion finely chopped	
	8 oz whole-milk ricotta cheese	
	3 tablespoons butter unsalted melted	
Equipment		
	bowl	
	oven	
	plastic wrap	
	hand mixer	
	tongs	
	broiler pan	
Directions		
	Roast peppers on racks of gas burners over high heat, turning with tongs, until skins are blackened, 10 to 12 minutes. (Or broil peppers on a broiler pan about 5 inches from heat, turning occasionally, about 15 minutes.)	
	Transfer to a bowl and cover tightly with plastic wrap, then let stand 20 minutes.	
	When cool enough to handle, peel peppers, discarding stems and seeds, and cut into 1/3-inch dice.	
	Preheat oven to 350°F.	
	Sift together flour, salt, and baking powder into a small bowl.	
	Beat eggs in a large bowl with an electric mixer at medium-high speed until doubled in volume, about 3 minutes.	
	Add butter, flour mixture, and cheeses and mix well at low speed, then stir in peppers and scallions.	
	Pour into a buttered 10-inch (6-cup) glass pie plate and bake in middle of oven (or lower third of oven if baking with bacon) until top is golden brown and a tester comes out clean, 30 to 35 minutes.	
	Let stand 5 minutes before serving.	

Nutrition Facts

Properties

Glycemic Index:52.83, Glycemic Load:4.24, Inflammation Score:-9, Nutrition Score:23.249130435612%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 379.67kcal (18.98%), Fat: 25.15g (38.69%), Saturated Fat: 12.98g (81.16%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 11.55g (4.2%), Sugar: 4.51g (5.01%), Cholesterol: 334.87mg (111.62%), Sodium: 929.11mg (40.4%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 23.91g (47.81%), Vitamin C: 78.85mg (95.58%), Vitamin A: 2943.64lU (58.87%), Selenium: 35.16µg (50.22%), Calcium: 461.36mg (46.14%), Phosphorus: 382.96mg (38.3%), Vitamin B2: 0.59mg (34.66%), Vitamin K: 34.16µg (32.53%), Folate: 88.15µg (22.04%), Vitamin B12: 1.09µg (18.22%), Vitamin B6: 0.34mg (17%), Zinc: 2.52mg (16.78%), Vitamin B5: 1.54mg (15.4%), Vitamin E: 2.21mg (14.7%), Iron: 2.2mg (12.25%), Vitamin D: 1.82µg (12.15%), Potassium: 306.56mg (8.76%), Vitamin B1: 0.12mg (8.21%), Magnesium: 32.25mg (8.06%), Manganese: 0.15mg (7.61%), Fiber: 1.76g (7.06%), Vitamin B3: 1.06mg (5.32%), Copper: 0.1mg (4.87%)