



WHATSheATE

Three-Cheese Baked Eggs with Roasted Peppers

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

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



 PROTEIN **25.49%**  FAT **60.32%**  CARBS **14.19%**

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 %: 0% (100%), Protein: 23.91g (47.81%), Vitamin C: 78.85mg (95.58%), Vitamin A: 2943.64IU (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%)