



Tomato and Feta Baked Eggs



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 eggs
- ☐ 0.5 cup feta crumbled ()
- ☐ 1 handful herbs fresh chopped (, I used dill and parsley)
- ☐ 2 cloves garlic chopped ()
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion diced ()
- ☐ 0.3 teaspoon oregano
- ☐ 0.3 teaspoon pepper flakes red

- ☐ 2 servings salt and pepper to taste
- ☐ 2 medium tomatoes diced ()

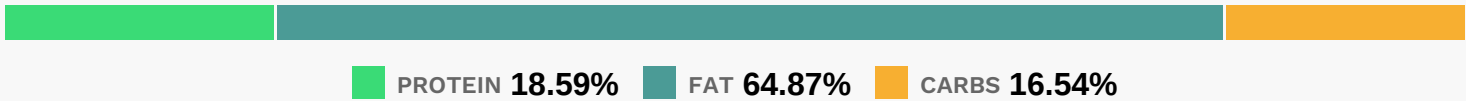
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and red pepper flakes and saute until fragrant, about a minute.
- ☐ Add the tomato, oregano, salt and pepper and simmer until the sauce thickens, about 5–10 minutes.
- ☐ Remove from heat and mix in the fresh herbs and feta.
- ☐ Divide between two individually sized baking dishes, indent the centers with a spoon and crack the eggs into the indentations.
- ☐ Bake in a preheated 425F oven until the sauce is bubbly and the egg whites have just set, about 8–14 minutes.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:2.67, Inflammation Score:-8, Nutrition Score:17.367826067883%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 266.87kcal (13.34%), Fat: 19.61g (30.16%), Saturated Fat: 7.4g (46.22%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 8.85g (3.22%), Sugar: 4.96g (5.51%), Cholesterol: 197.05mg (65.68%), Sodium: 697.25mg (30.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.29%), Vitamin K: 49.55µg (47.19%), Vitamin A: 1668.27IU (33.37%), Vitamin B2: 0.56mg (32.9%), Selenium: 19.8µg (28.28%), Vitamin C: 23.04mg (27.93%), Phosphorus: 260.04mg (26%), Calcium: 243.06mg (24.31%), Vitamin B6: 0.42mg (21.05%), Vitamin B12: 1.03µg (17.09%), Vitamin E: 2.37mg (15.78%), Folate: 61.57µg (15.39%), Manganese: 0.28mg (13.94%), Zinc: 1.99mg (13.27%), Potassium: 457.83mg (13.08%), Vitamin B5: 1.22mg (12.2%), Iron: 1.77mg (9.84%), Vitamin B1: 0.15mg (9.72%), Fiber: 2.39g (9.57%), Magnesium: 32.24mg (8.06%), Copper: 0.15mg (7.3%), Vitamin D: 1.03µg (6.87%), Vitamin B3: 1.26mg (6.32%)