

Tomato Egg Cups

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 4 large eggs
- ☐ 4 servings kosher salt and pepper black freshly ground to taste
- ☐ 4 slices buttered toast cut into strips
- ☐ 4 medium size vine-ripened tomatoes
- ☐ 4 tablespoons cheddar cheese shredded white

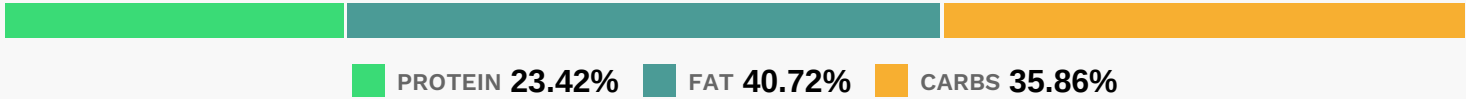
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425°F.
- ☐ Slice off and set aside the top third of each tomato. Scoop out the seeds.
- ☐ Place the tomatoes in a glass or ceramic baking dish. Season with the salt and pepper.
- ☐ Break an egg into each tomato.
- ☐ Bake, with the sliced tops, for 10 minutes.
- ☐ Top the tomatoes with the cheese and bake until the cheese is bubbly, 5 to 7 minutes more.
- ☐ Let cool for 5 minutes.
- ☐ Serve with the tops and toast strips (also called "soldiers"—as your child might be delighted to know) for dipping.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.33, Inflammation Score:-7, Nutrition Score:12.746956576472%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 193.03kcal (9.65%), Fat: 8.77g (13.5%), Saturated Fat: 3.36g (21%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 15.33g (5.58%), Sugar: 4.49g (4.99%), Cholesterol: 194.72mg (64.91%), Sodium: 263mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.71%), Selenium: 24.58µg (35.11%), Vitamin A: 1380.31IU (27.61%), Vitamin B2: 0.36mg (21.39%), Vitamin C: 16.85mg (20.43%), Phosphorus: 190.27mg (19.03%), Folate: 66.63µg (16.66%), Manganese: 0.26mg (13.02%), Calcium: 127.02mg (12.7%), Potassium: 397.2mg (11.35%), Iron: 1.96mg (10.91%), Vitamin B1: 0.16mg (10.63%), Vitamin K: 10.98µg (10.46%), Vitamin B6: 0.2mg (10.17%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.54µg (8.99%), Zinc: 1.32mg (8.78%), Vitamin E: 1.31mg (8.71%), Fiber: 2.05g (8.21%), Vitamin B3: 1.64mg (8.19%), Copper: 0.14mg (7.15%), Vitamin D: 1.05µg (7.01%), Magnesium: 27.72mg (6.93%)