



Tomato-Poached Eggs with Sardinian Music Bread (Ovos kin Tomate e Casu)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 4 large eggs
- 2 tablespoons basil fresh chopped
- 2 garlic cloves minced
- 0.3 cup green onions sliced
- 0.5 teaspoon kosher salt divided
- 2 tablespoons olive oil extra-virgin

- 2 ounces aged pecorino sardo finely grated
- 29 ounce plum tomatoes whole undrained coarsely chopped canned (such as San Marzano)
- 4 sheets pane carasau (Sardinian music bread)
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Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium heat.
- Add onions and garlic to pan; cook 3 minutes or until fragrant, stirring often. Stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, and tomatoes; bring to a boil. Reduce heat, and simmer 15 minutes, stirring occasionally.
- Reduce heat to low. Working with one egg at a time, crack eggs over tomato mixture, about 1 inch apart in pan.
- Sprinkle eggs with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Cover and cook 5 minutes or until desired degree of doneness.
- Remove from heat.
- Arrange 4 wedges pane carasau on each of 4 plates; spoon 3/4 cup sauce over each serving. Top each serving with 1 egg, and sprinkle with 2 tablespoons grated cheese. Top each serving with 1 1/2 teaspoons chopped fresh basil.

Nutrition Facts

PROTEIN 21.85% **FAT 60.96%** **CARBS 17.19%**

Properties

Glycemic Index:57.25, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:16.758260809857%

Flavonoids

Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin:

0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 230.99kcal (11.55%), Fat: 16.02g (24.65%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 7.37g (2.68%), Sugar: 5.91g (6.56%), Cholesterol: 200.74mg (66.91%), Sodium: 543.88mg (23.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Vitamin A: 2178.26IU (43.57%), Vitamin K: 42.75µg (40.71%), Vitamin C: 30.37mg (36.82%), Phosphorus: 262.39mg (26.24%), Selenium: 17.68µg (25.26%), Calcium: 211.22mg (21.12%), Vitamin B2: 0.33mg (19.38%), Vitamin E: 2.73mg (18.22%), Potassium: 603.72mg (17.25%), Manganese: 0.33mg (16.68%), Folate: 61.42µg (15.36%), Vitamin B6: 0.29mg (14.37%), Fiber: 2.79g (11.18%), Vitamin B5: 1.03mg (10.3%), Vitamin B12: 0.6µg (10.06%), Iron: 1.79mg (9.92%), Zinc: 1.42mg (9.48%), Magnesium: 37.54mg (9.38%), Copper: 0.18mg (9.02%), Vitamin B1: 0.11mg (7.3%), Vitamin D: 1.07µg (7.14%), Vitamin B3: 1.34mg (6.68%)