



## Truffled Toast with Radicchio and Egg

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



335 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 inch bread country-style cut in half crosswise
- ☐ 4 teaspoons butter
- ☐ 4 large eggs
- ☐ 5 oz fontina italian thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 lb radicchio thinly cored coarsely chopped (preferably di Treviso)
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vinegar white

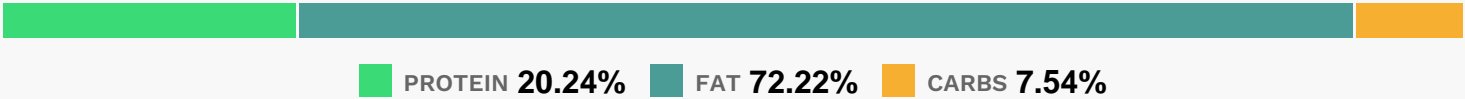
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

# Directions

- ☐ Preheat broiler.
- ☐ Cook radicchio with salt and pepper in oil in a deep 10-inch skillet over moderate heat, stirring, until just tender, 2 to 3 minutes.
- ☐ Transfer to a bowl and keep warm, loosely covered. Wipe skillet clean.
- ☐ Fill skillet with 1 1/4 inches cold water.
- ☐ Add vinegar and bring to a simmer.
- ☐ Break 1 egg into a cup, then slide egg into simmering water. Repeat with remaining 3 eggs, spacing them in skillet, and poach at a bare simmer until whites are firm but yolks are still runny, 2 to 3 minutes.
- ☐ Toast bread, then spread one side of each piece with truffle butter and cover with cheese. Broil toast on a baking sheet 4 to 6 inches from heat until cheese is just melted.
- ☐ Divide toast among 4 plates, then top with radicchio and poached eggs. Season with salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index:54.42, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:18.039565210757%

# Flavonoids

Cyanidin: 144mg, Cyanidin: 144mg, Cyanidin: 144mg, Cyanidin: 144mg Delphinidin: 8.71mg, Delphinidin: 8.71mg, Delphinidin: 8.71mg, Delphinidin: 8.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 43.08mg, Luteolin: 43.08mg, Luteolin: 43.08mg, Luteolin: 43.08mg Quercetin: 35.73mg, Quercetin:

35.73mg, Quercetin: 35.73mg, Quercetin: 35.73mg

Nutrients (% of daily need)

Calories: 335.44kcal (16.77%), Fat: 27.15g (41.76%), Saturated Fat: 11.98g (74.87%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.3g (1.93%), Sugar: 1.46g (1.62%), Cholesterol: 237.86mg (79.29%), Sodium: 705.47mg (30.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.23%), Vitamin K: 295.04µg (280.99%), Selenium: 21.75µg (31.08%), Vitamin E: 4.31mg (28.73%), Phosphorus: 269.24mg (26.92%), Calcium: 247.32mg (24.73%), Folate: 94.38µg (23.59%), Copper: 0.43mg (21.72%), Vitamin B2: 0.34mg (19.77%), Vitamin B12: 1.05µg (17.48%), Zinc: 2.6mg (17.35%), Vitamin A: 749.8IU (15%), Potassium: 438.05mg (12.52%), Vitamin B5: 1.24mg (12.36%), Vitamin C: 9.07mg (11%), Manganese: 0.2mg (10.02%), Iron: 1.68mg (9.34%), Vitamin B6: 0.18mg (9.01%), Vitamin D: 1.21µg (8.08%), Magnesium: 26.3mg (6.57%), Fiber: 1.08g (4.31%), Vitamin B1: 0.05mg (3.24%), Vitamin B3: 0.42mg (2.09%)