



Veggie Poached Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup asparagus fresh trimmed coarsely chopped
- 1 cup carrots julienned
- 4 eggs
- 1.5 tablespoons olive oil
- 4 servings salt and pepper to taste
- 0.3 cup pasta sauce

Equipment

- frying pan

Directions

- In a large frying pan, heat the oil over medium high heat.
- Add the asparagus, carrots and spaghetti sauce; cook on medium high heat until vegetables are soft. You may add a little water if necessary.
- Push the vegetables to the side of the pan to create four spaces for the eggs. Crack eggs directly into the holes, being careful not to break the yolk. Cook until eggs are done, but the yolk is still soft. Season with salt and pepper to taste.
- Remove from heat and serve immediately.

Nutrition Facts

PROTEIN 19.98% **FAT 63.79%** **CARBS 16.23%**

Properties

Glycemic Index:30.96, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:12.709130535955%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 132.82kcal (6.64%), Fat: 9.6g (14.77%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 3.67g (1.33%), Sugar: 2.85g (3.17%), Cholesterol: 163.68mg (54.56%), Sodium: 351.71mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Vitamin A: 5903.08IU (118.06%), Vitamin K: 21.88µg (20.84%), Selenium: 14.4µg (20.58%), Vitamin B2: 0.28mg (16.28%), Vitamin E: 2.03mg (13.52%), Phosphorus: 119.87mg (11.99%), Folate: 45.56µg (11.39%), Iron: 1.76mg (9.78%), Vitamin B5: 0.9mg (9.01%), Vitamin B6: 0.16mg (8.22%), Potassium: 276.36mg (7.9%), Fiber: 1.83g (7.32%), Vitamin B12: 0.39µg (6.53%), Manganese: 0.13mg (6.39%), Copper: 0.13mg (6.36%), Vitamin B1: 0.09mg (6.02%), Vitamin D: 0.88µg (5.87%), Vitamin C: 4.84mg (5.86%), Zinc: 0.86mg (5.73%), Calcium: 45.56mg (4.56%), Vitamin B3: 0.83mg (4.13%), Magnesium: 16.11mg (4.03%)