



Western Skillet Eggs

READY IN



40 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch cayenne pepper
- 1.5 cups cherry tomatoes halved
- 8 large eggs
- 2 tablespoons parsley fresh plus more for topping chopped
- 2 large bell peppers green seeded cut into 1/2-inch strips
- 0.5 cup half-and-half whole
- 0.3 pound ham thinly sliced cut into 1-inch pieces
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil extra-virgin

- 2 shallots sliced
- 2 cups sourdough bread

Equipment

- bowl
- frying pan
- ladle
- oven
- whisk
- measuring cup

Directions

- Position a rack in the upper third of the oven and preheat to 350 degrees F.
- Whisk the half-and-half, cayenne, 1/2 teaspoon salt, and black pepper to taste in a small bowl.
- Heat the olive oil in a large ovenproof skillet over medium-high heat.
- Add the shallots and cook until just softened, 1 to 2 minutes.
- Add the bell peppers; cook until the peppers are soft and the shallots are golden, 5 to 6 more minutes.
- Add the tomatoes, ham, bread, parsley and 1/4 cup water and cook until most of the liquid is absorbed, about 3 minutes. Season with salt and black pepper.
- Remove from the heat.
- Make 8 evenly spaced indentations in the bread mixture with the bottom of a ladle or small measuring cup. Crack an egg into each indentation. Slowly pour the half-and-half mixture over the eggs.
- Bake, rotating the skillet a few times, until the whites are set, about 15 minutes. Top with parsley.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN **24.85%** ■ FAT **55.83%** ■ CARBS **19.32%**

Properties

Glycemic Index:63.63, Glycemic Load:6.93, Inflammation Score:-8, Nutrition Score:25.502608340719%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 3.9mg, Luteolin: 3.9mg, Luteolin: 3.9mg, Luteolin: 3.9mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 366.66kcal (18.33%), Fat: 22.82g (35.1%), Saturated Fat: 6.5g (40.6%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 15.17g (5.52%), Sugar: 6.85g (7.61%), Cholesterol: 393.24mg (131.08%), Sodium: 585.77mg (25.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.7%), Vitamin C: 82.35mg (99.81%), Selenium: 42.16µg (60.22%), Vitamin K: 45.42µg (43.26%), Vitamin B2: 0.66mg (38.92%), Phosphorus: 345.11mg (34.51%), Vitamin B6: 0.58mg (29.25%), Vitamin A: 1345.97IU (26.92%), Vitamin B1: 0.4mg (26.88%), Folate: 87.87µg (21.97%), Vitamin B12: 1.24µg (20.6%), Vitamin B5: 2.02mg (20.22%), Iron: 3.53mg (19.6%), Vitamin E: 2.85mg (19%), Potassium: 601.25mg (17.18%), Vitamin D: 2.53µg (16.89%), Zinc: 2.48mg (16.51%), Manganese: 0.32mg (15.91%), Vitamin B3: 2.79mg (13.96%), Calcium: 125.06mg (12.51%), Copper: 0.23mg (11.43%), Magnesium: 42.59mg (10.65%), Fiber: 2.59g (10.36%)