

Baked Eggs in Tomatoes

RedbookMag.com

Servings: 4

4 medium tomatoes, tops removed,
cores cut out
olive oil (for brushing)
1/4 cup fresh flat-leaf parsley,
chopped
1/4 cup freshly grated Parmesan
cheese
Kosher or sea salt
freshly cracked black pepper
4 medium or large eggs, at room
temperature

Preparation Time: 10 minutes

Cook Time: 30 minutes

Preheat the oven to 350 degrees.

Line a sheetpan with parchment paper. Using crumpled foil, make four rings as "seats" for the tomatoes. Place the rings on the prepared sheet pan.

Brush the top edges and outsides of the tomatoes with olive oil. (If the tomatoes are large and/or thick-skinned, pre-bake them for 5 minutes.)

Sprinkle the insides of the tomatoes with half of the parsley and cheese. Season with salt and pepper. Crack one egg into each tomato. Sprinkle the remaining parsley and cheese over the tops. Season with more salt and pepper. Place the tomatoes on the foil "seats" on the sheetpan.

Bake the tomatoes for 25 to 35 minutes or until the eggs are cooked to the desired consistency.

If the cored tomatoes are watery, place them upside down on a paper towel to drain.

Per Serving (excluding unknown items): 101 Calories; 5g Fat (46.9% calories from fat); 7g Protein; 6g Carbohydrate; 1g Dietary Fiber; 212mg Cholesterol; 83mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	101	Vitamin B6 (mg):	.2mg
------------------	-----	------------------	------

% Calories from Fat:	46.9%
% Calories from Carbohydrates:	24.4%
% Calories from Protein:	28.7%
Total Fat (g):	5g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	212mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	83mg
Potassium (mg):	361mg
Calcium (mg):	37mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	1205IU
Vitamin A (r.e.):	166RE

Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	48mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	101	Calories from Fat:	47
-----------------	-----	---------------------------	----

% Daily Values*

Total Fat	5g	8%
Saturated Fat	2g	8%
Cholesterol	212mg	71%
Sodium	83mg	3%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	6%
Protein	7g	
<hr/>		
Vitamin A		24%
Vitamin C		47%
Calcium		4%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.