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Grilled Asparagus and Poached Egg on Toast ••

A delicious and nutritious vegetarian recipe that combines grilled asparagus and poached egg on toast. This recipe is perfect for breakfast or brunch and is packed with flavor and nutrients.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	asparagus
2 pieces	Egg
2 slices	bread
1 teaspoon	salt

1 teaspoon pepper

1
tablespoon olive oil

Directions

Step 1

Preheating

Preheat the grill.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Trim the ends of the asparagus and toss with olive oil, salt, and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Toasting

Toast the bread slices.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Poaching

Poach the eggs.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Place the grilled asparagus on the toasted bread slices and top with poached eggs.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Summer

Meal Type

Breakfast

Lunch

Snack

Brunch

Dinner

Supper

Kitchen Tools

Slow Cooker

Course

Appetizers

Salads

Snacks

Cultural

Chinese New Year

Hanukkah

Oktoberfest

Passover

St. Patrick's Day

Thanksgiving

Halloween

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Difficulty Level

Medium

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