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Eggs Baked in Avocado ♦♦

Eggs Baked in Avocado is a delicious vegetarian recipe that combines the creaminess of avocado with the richness of baked eggs. It's a perfect dish for breakfast or brunch and is packed with healthy fats and protein.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Avocado
4 units	Eggs
1 tsp	salt
1 tsp	black pepper
2 tbsp	chopped parsley

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the avocados in half and remove the pits.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Scoop out some of the flesh from each avocado half to create a larger hole for the egg.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Baking

Place the avocado halves in a baking dish and crack an egg into each hole.

Prep Time: 1 mins

Cook Time: 12 mins

Step 5

Season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 12-15 minutes, or until the eggs are cooked to your desired doneness.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Remove from the oven and garnish with chopped parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 26 g

Protein: 14 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	7 g	18.42%	28%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	15 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	26 g	92.86%	104%
Cholesterol	370 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	660 mg	19.41%	25.38%
Zinc	1 mg	9.09%	12.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue Picnic

Meal Type

Breakfast Brunch Snack Supper

Course

Salads

Demographics

Teen Friendly

Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet

Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet Engine 2 Diet

Blood Type Diet Ayurvedic Diet Anti-Inflammatory Diet Low Sodium Diet

The Fast Metabolism Diet Nutrient Timing Diet

Difficulty Level

Medium

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