FRENCH · BREAKFAST

Herb-Baked Eggs with Garlic, Thyme and Parmesan

12 min · Serves 2 · 375 kcal a serve · Video 4:31 · Food Network

Gluten-free ingredients · No nuts listed

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Three eggs a serve give 23 g protein for under 3 g net carbs; it is rich in selenium, vitamin B12 and vitamin A, and gives about a fifth of a day's vitamin D and folate.

Diet notes: Keto (2.8 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the freshly grated Parmesan (traditionally made with animal rennet).

Ingredients 10 · SERVES 2

- [ ] 6 **extra-large eggs**
- [ ] 2 tbsp **heavy cream**
- [ ] 1 tbsp **unsalted butter**
- [ ] ¼ tsp minced **fresh garlic**
- [ ] ¼ tsp minced **fresh thyme leaves**
- [ ] ¼ tsp minced **fresh rosemary leaves**
- [ ] 1 tbsp minced **fresh parsley**
- [ ] 1 tbsp **freshly grated Parmesan**
- [ ] **kosher salt**, to taste
- [ ] **freshly ground black pepper**, to taste

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the grill (broiler) for 5 minutes with the rack about 15 cm below it.
2. Mix the garlic, thyme, rosemary, parsley and Parmesan. Crack 3 eggs into each of 2 small cups without breaking the yolks, so they are ready to go. 1:05
3. Put 2 individual gratin dishes on a baking tray, add 1 tbsp cream and ½ tbsp butter to each, and grill for about 3 minutes until hot and bubbling. 2:30
4. Quickly slide 3 eggs into each hot dish, scatter over the herb mixture and season well with salt and pepper. 3:13
5. Grill for 5–6 minutes, turning the tray once if needed, until the whites are almost set. Rest 1 minute (they keep cooking) and serve hot. 3:46

> **Tip** Ina serves these with toasted French bread or brioche; leave it out (or use a keto bread) to keep it keto and gluten-free. Have the eggs cracked and the herbs mixed before the dishes go under the grill — it all happens fast.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
375 kcal	23 g	3 g	0.3 g	30 g	640 mg
1,570 kJ	45% of a day	2.8 g net · 2.3 g sugars	1% of a day	13 g saturated	28% of a day
		1% of a day		38% of a day	

Energy from net carbs 3% · protein 25% · fat 72% — fits keto: 2.8 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Selenium 96% · Vitamin B12 80% · Vitamin A 42% · Vitamin K 30% · Vitamin D 20% · Folate 20%

Source of (10–19%) Zinc 18% · Vitamin E 14% · Iron 13% · Vitamin B6 13% · Omega-3 12% · Calcium 10%

Recipe and video: Food Network (@FoodNetwork) on YouTube — youtube.com/watch?v=pprf-kxzIns, published 28 April 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ina-garten-herb-baked-eggs