

Shirred Eggs with Spinach and Crisp Bread Crumbs

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bread-crumbs-recipe>

Ingredients:

- 2 teaspoons unsalted butter
- 3/4 cup bread crumbs fresh sourdough
- 1 large garlic clove minced, optional
- sea salt
- freshly ground pepper
- 1 1/2 pounds spinach well rinsed and stemmed
- 1 tablespoon unsalted butter
- 1/2 cup heavy cream 4 fl. oz./125 ml
- 1/2 teaspoon fine sea salt
- freshly ground pepper to taste
- grated nutmeg Pinch of freshly
- 4 jumbo eggs or extra-large

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 275 milligrams
4. Fat: 25 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 14 grams
8. Sodium: 850 milligrams
9. Sugar: 2 grams

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