

Italian Baked Eggs

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-baked-eggs>

Ingredients:

- 1 cup marinara sauce
- 4 large eggs
- 1/4 cup lowfat milk or fat free
- 1/4 cup Gruyere cheese shredded
- 2 tablespoons grated Parmesan
- kosher salt
- ground black pepper
- 1/4 cup basil leaves chiffonade

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 450 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 8 grams
8. Sodium: 1220 milligrams
9. Sugar: 14 grams

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