

Italian Marinara Baked Eggs

Yield: 1 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/best-authentic-italian-marinara-recipe>

Ingredients:

- 1 teaspoon olive oil
- 1/2 cup chopped onion
- 1/2 medium red bell pepper chopped
- 3/4 cup prepared marinara sauce I like Trader Joe's Traditional Marinara
- 2 eggs
- salt
- pepper
- 1 tablespoon shredded Parmesan cheese
- basil leaves unchecked?, if desired, for garnish, optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 430 milligrams
4. Fat: 22 grams
5. Fiber: 11 grams
6. Protein: 21 grams
7. SaturatedFat: 7 grams
8. Sodium: 1800 milligrams
9. Sugar: 24 grams

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