

Eat Like The French – Asperges et Oeuf Poché

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/oeuf-portuguese-recipe>

Ingredients:

- 1 bunch asparagus about 1 pound, trimmed
- 2 tablespoons olive oil
- salt
- pepper
- 1 tablespoon fresh lemon juice
- 2 tablespoons Parmesan cheese shaved or grated
- 2 eggs

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 215 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 560 milligrams
9. Sugar: 4 grams

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