

Baked Eggs with Mushrooms and Parmesan

Yield: 2 min
Total Time: 20 min

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

Ingredients:

- 1 pound crimini mushrooms brown, Baby Bella mushrooms, washed and thickly sliced
- 1 tablespoon olive oil
- black ground pepper
- salt
- 4 eggs
- 3 teaspoons freshly grated Parmesan
- 3 teaspoons chopped parsley finely, for garnish, optional
- whole wheat toast freshly made, for serving with the eggs, optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 425 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 590 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Baked Eggs with Mushrooms and Parmesan above. You can see more 15 swiss baked eggs recipe Discover culinary perfection! to get more great cooking ideas.