

# Garlic Roasted Asparagus w/ Poached Egg

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-poached-egg-recipe>

## Ingredients:

- 2 eggs
- 1/2 pound asparagus
- 1 teaspoon vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil chopped
- 1 lemon

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 210 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 370 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Garlic Roasted Asparagus w/ Poached Egg above. You can see more 19 turkish poached egg recipe Prepare to be amazed! to get more great cooking ideas.