

BAKED EGGS WITH FETA & CHIVES



LifeShape Clinic

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INGREDIENTS (SERVES 2)

4 eggs
Canola oil spray
2 tablespoons reduced-fat feta, crumbled
1 shallot, finely chopped
2 tablespoons light thickened cream
2 teaspoons chives, finely chopped
Salt and pepper to season
2 pieces rye bread, toasted to serve

METHOD

1. Preheat oven to 200°C. Brush two 125ml (1/2-cup) capacity ovenproof dishes with oil to lightly grease. Crack 2 eggs into each dish. Pour the cream evenly among dishes. Sprinkle evenly with feta, shallots and chives. Season with salt and pepper.
2. Place dishes on a baking tray. Bake in preheated oven for 10 minutes or until eggs are cooked to your liking. Serve immediately with toast.

Nutrition Guide

PER SERVE

Energy (cal)	331cal
Protein	20.7g
Fat	19.9g
Saturated Fat	7.6g
Carbohydrate	15.6g
Sugar	2g
Sodium	481mg
Fibre	4.6g

RECIPE VARIATION

1200

Breakfast Requirement: 270-300 cal
Meets Requirements: No
Recommendations: Reduce the number of eggs to 2 in recipes
Total Meal Calories: 275 cal

1500

Breakfast requirement: 320-350 cal
Meets requirements: Yes
Total meal calories: 331 cal

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