

Easy Shakshuka



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce canned tomatoes whole with juice peeled canned
- ☐ 4 eggs
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green cut into 2 inch pieces
- ☐ 2 slices pickled jalapeño pepper finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 onion cut into 2 inch pieces
- ☐ 1 teaspoon paprika to taste

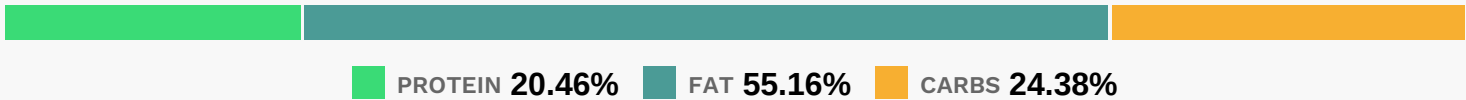
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat the vegetable oil in a deep skillet over medium heat. Stir in the garlic, onion, and bell pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the canned tomatoes, paprika and jalapenos; stir, using the back of a spoon to break up the tomatoes. Simmer for about 25 minutes.
- ☐ Crack an egg into a small bowl, then gently slip the egg into the tomato sauce. Repeat with the remaining eggs. Cook the eggs until the whites are firm and the yolks have thickened but are not hard, 2 1/2 to 3 minutes. If the tomato sauce gets dry, add a few tablespoons of water.
- ☐ Remove the eggs with a slotted spoon, place onto a warm plate, and serve with the tomato sauce and pita bread.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.34, Inflammation Score:-9, Nutrition Score:13.395652314891%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 127.5kcal (6.38%), Fat: 8g (12.31%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 5.52g (2.01%), Sugar: 3.96g (4.4%), Cholesterol: 163.68mg (54.56%), Sodium: 66.49mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin C: 79.8mg (96.72%), Vitamin A: 1079.73IU (21.59%), Selenium: 14.07µg (20.1%), Vitamin B6: 0.39mg (19.61%), Vitamin E: 2.84mg (18.93%), Vitamin

B2: 0.26mg (15.07%), Vitamin K: 13.3µg (12.67%), Phosphorus: 116.61mg (11.66%), Folate: 41.32µg (10.33%), Fiber: 2.44g (9.76%), Vitamin B5: 0.9mg (9.01%), Potassium: 281.98mg (8.06%), Manganese: 0.16mg (8.04%), Iron: 1.19mg (6.62%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Zinc: 0.76mg (5.03%), Magnesium: 19.02mg (4.76%), Vitamin B1: 0.07mg (4.66%), Copper: 0.09mg (4.54%), Calcium: 43.24mg (4.32%), Vitamin B3: 0.84mg (4.22%)