

DINNER

Eggs Flamenco

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	20 min	45 min	4	\$2.14	470 kcal

Eggs Flamenco is a gluten free and primal main course. This recipe makes 4 servings with 470 calories, 23g of protein, and 35g of fat each. For \$2.14 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. 2 people have made this recipe and would make it again.

Ingredients

- ☐ 28 ounce plum tomatoes, coarsely chopped with their juice or passed through a food mill
canned
- ☐ 8 eggs
- ☐ 4 servings Kosher salt
- ☐ 4 servings Extra-virgin olive oil
- ☐ 1 teaspoon pimenton
- ☐ 2 tablespoons chopped chives
- ☐ 2 garlic cloves, smashed and chopped
- ☐ ½ cup finely grated aged manchego
- ☐ 1 onion, diced
- ☐ 1 cup (1/2-inch) diced Spanish chorizo

EQUIPMENT Sauce pan, Oven

Method

- 1

Special Equipment: 4 (6-inch wide) flat ovenproof dishes such as terra cotta cazuelas
- 2

Coat a saucepan with olive oil, add the onions and bring to a medium heat. Season the onions with salt and sweat for 7 to 8 minutes or until the onions are soft and very aromatic.
- 3

Add the garlic and cook for 2 to 3 more minutes.

- 4 Add the chorizo and pimenton and cook for another 2 to 3 minutes.
- 5 Add the tomatoes and season with salt. Simmer for 15 to 20 minutes. Taste for seasoning and adjust, if needed.
- 6 Preheat the oven to 400 degrees F.
- 7 Oil the cazuelas. Fill each dish about halfway with the tomato sauce. Break 2 eggs into each dish and sprinkle with grated cheese.
- 8 Place the cazuelas into the preheated oven and bake until the egg whites are set but the yolks are still runny, about 8 minutes.
- 9 When the eggs are done, sprinkle with chives and serve.
- 10 Eggsellent!

Nutrition per serving

470
KCAL

23 g
PROTEIN

35 g
FAT

18 g
CARBS

Saturated Fat	10.9 g · 68% of daily needs
Fibre	4.5 g · 18% of daily needs
Sugar	10.3 g · 11% of daily needs
Sodium	677 mg · 29% of daily needs
Cholesterol	360 mg · 120% of daily needs
Vitamin C	21.6 mg · 26% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/eggs-flamenco-142479