



Eggs in Purgatory With Salami

READY IN



35 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings top for serving
- ☐ 8 large eggs
- ☐ 0.3 cup parsley leaves fresh
- ☐ 2 cloves garlic smashed
- ☐ 1 cup tomatoes
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion halved thinly sliced
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 frying pepper green italian thinly sliced

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 ounces deli- salami roughly chopped
- ☐ 1 small bell pepper yellow thinly sliced

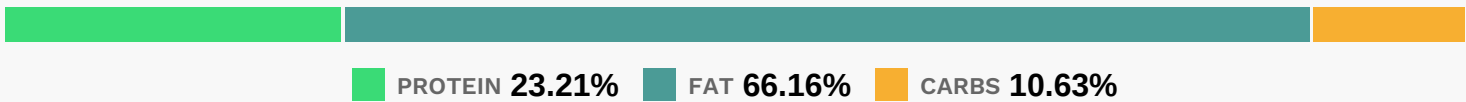
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat the olive oil in a large skillet over medium-high heat.
- ☐ Add the garlic and cook until golden brown, about 3 minutes.
- ☐ Remove the garlic with a slotted spoon and discard. Increase the heat to high and add the salami, onion, peppers and red pepper flakes. Cook, stirring, until the salami starts to brown, about 5 minutes.
- ☐ Add the tomato puree and 1/2 cup water and cook until the vegetables are tender, about 5 minutes.
- ☐ Reduce the heat to medium. Scatter the parsley leaves into the skillet. Make 4 indentations in the pepper mixture for the eggs. Break 2 eggs into a small bowl, then pour both into one of the indentations. Repeat with the remaining eggs.
- ☐ Sprinkle with the grated cheese. Cover and cook until the whites are set and the yolks are cooked to desired doneness.
- ☐ Serve with the bread.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:75.38, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:23.349565277929%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 368.27kcal (18.41%), Fat: 27.1g (41.69%), Saturated Fat: 7.96g (49.74%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 7.91g (2.88%), Sugar: 3.85g (4.27%), Cholesterol: 397mg (132.33%), Sodium: 1117.16mg (48.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.79%), Vitamin K: 68.6µg (65.33%), Selenium: 39.39µg (56.27%), Vitamin C: 45.73mg (55.43%), Vitamin B2: 0.62mg (36.71%), Phosphorus: 317.54mg (31.75%), Vitamin B12: 1.71µg (28.53%), Vitamin A: 1244.67IU (24.89%), Vitamin B6: 0.48mg (24.06%), Vitamin B1: 0.35mg (23.42%), Vitamin B5: 2.13mg (21.31%), Vitamin E: 3.08mg (20.54%), Zinc: 2.84mg (18.93%), Iron: 3.27mg (18.18%), Folate: 70.38µg (17.59%), Potassium: 544.82mg (15.57%), Vitamin D: 2.01µg (13.42%), Vitamin B3: 2.61mg (13.04%), Manganese: 0.24mg (12.17%), Copper: 0.24mg (11.82%), Calcium: 113.63mg (11.36%), Magnesium: 36.79mg (9.2%), Fiber: 1.88g (7.52%)