

Eggs Pipérade



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 teaspoon thyme dried
- ☐ 4 large eggs lightly beaten
- ☐ 1 garlic clove minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup bell pepper red chopped

☐ 0.3 teaspoon salt

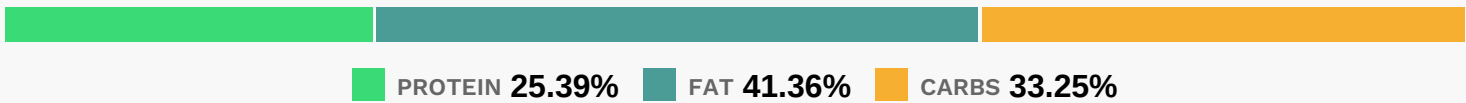
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell peppers and garlic; saut 5 minutes.
- ☐ Add thyme, salt, ground red pepper, and tomatoes; cover, reduce heat to medium, and cook 7 minutes or until bell peppers are tender. Uncover, and cook 1 minute or until liquid almost evaporates. Gently stir in eggs; cover, and cook 3 minutes or until set.
- ☐ Garnish with parsley, if desired.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:15.837391355763%

Flavonoids

Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 127.94kcal (6.4%), Fat: 6.21g (9.55%), Saturated Fat: 1.78g (11.16%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 8.12g (2.95%), Sugar: 6.57g (7.3%), Cholesterol: 186mg (62%), Sodium: 354.2mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.15%), Vitamin C: 68.07mg (82.51%), Vitamin A: 1525.87IU (30.52%), Selenium: 16.12µg (23.03%), Vitamin B6: 0.4mg (19.8%), Vitamin B2: 0.32mg (18.59%), Vitamin E: 2.55mg (16.97%), Phosphorus: 146.5mg (14.65%), Manganese: 0.29mg (14.63%), Iron: 2.61mg (14.5%), Potassium: 484.53mg (13.84%), Folate: 53µg (13.25%), Copper: 0.25mg (12.56%), Fiber: 3.1g (12.44%), Vitamin B5: 1.17mg (11.73%), Vitamin K: 11.89µg (11.32%), Vitamin B1: 0.13mg (8.71%), Vitamin B3: 1.72mg (8.62%), Magnesium: 33.36mg (8.34%), Vitamin B12: 0.44µg (7.42%), Calcium: 71.7mg (7.17%), Zinc: 1.05mg (6.99%), Vitamin D: 1µg (6.67%)