



Eggs with Chickpeas, Spinach, and Tomato

 Gluten Free

READY IN



29 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach fresh
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 14 ounce garbanzo beans undrained canned
- ☐ 4 large eggs
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 garlic clove thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup tomatoes

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup pecorino cheese shredded
- ☐ 1 Dash pepper red crushed
- ☐ 3 tablespoons shallots thinly sliced (1)

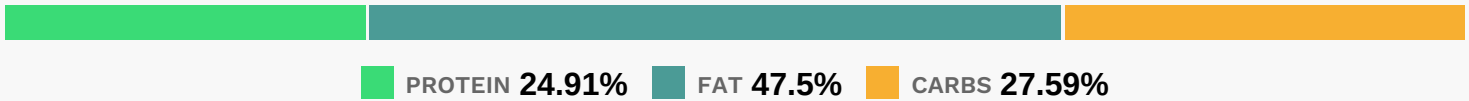
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots, rosemary, red pepper, and garlic; cook 2 minutes or until shallots are tender, stirring constantly.
- ☐ Add marinara and chickpeas; bring to a simmer. Stir in spinach, salt, and black pepper. Break eggs evenly over marinara mixture. Simmer gently for 15 minutes (do not stir) or until egg whites are almost set. Cover, and cook for 1 minute or until egg whites are set (yolks should still be runny).
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:59.08, Glycemic Load:4.74, Inflammation Score:-8, Nutrition Score:20.18695640564%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 255.71kcal (12.79%), Fat: 13.73g (21.12%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 12.5g (4.54%), Sugar: 2.03g (2.25%), Cholesterol: 199mg (66.33%), Sodium: 800.72mg (34.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.4%), Vitamin K: 76.04µg (72.42%), Manganese: 1.04mg (51.95%), Vitamin A: 1884.77IU (37.7%), Vitamin B6: 0.66mg (33.01%), Phosphorus: 294.84mg (29.48%), Selenium: 19.69µg (28.12%), Calcium: 219.56mg (21.96%), Fiber: 5.44g (21.76%), Folate: 83.65µg (20.91%), Vitamin B2: 0.34mg (20.04%), Iron: 3.03mg (16.82%), Magnesium: 56.29mg (14.07%), Copper: 0.26mg (12.82%), Vitamin B5: 1.25mg (12.48%), Zinc: 1.84mg (12.27%), Potassium: 426.9mg (12.2%), Vitamin E: 1.82mg (12.11%), Vitamin B12: 0.58µg (9.75%), Vitamin C: 7.3mg (8.85%), Vitamin D: 1.06µg (7.08%), Vitamin B1: 0.08mg (5.44%), Vitamin B3: 0.61mg (3.06%)