



## Hungarian Peppers and Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

### Ingredients

- 8 large eggs
- 1 tablespoon olive oil
- 6 oz onion finely chopped
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 2 firm-ripe tomatoes
- 4 oz hungarian wax pepper ) yellow
- 0.8 pound bell peppers yellow

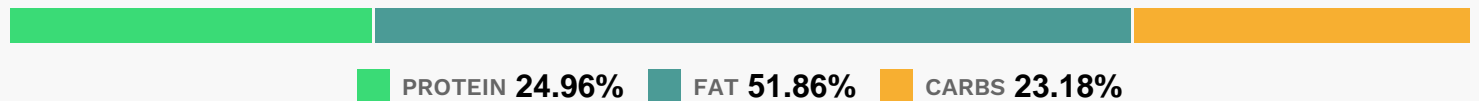
## Equipment

- bowl
- frying pan
- spatula

## Directions

- Stem and seed yellow banana and Hungarian peppers (or chilies).
- Cut banana peppers into 1/2-inch squares. Finely chop Hungarian pepper.
- Rinse tomatoes, core, and cut in half crosswise. Gently squeeze out and discard seeds and juice; coarsely chop tomatoes.
- In a 10- to 12-inch nonstick frying pan over high heat, combine oil, onion, all the peppers, and half the tomatoes. Stir often until vegetables are tinged with brown and all liquid evaporates, 7 to 9 minutes.
- Meanwhile, in a bowl, beat eggs to blend with 2 tablespoons water, 1/2 teaspoon salt, and 1/8 teaspoon pepper.
- Add egg mixture to vegetables and reduce heat to medium-low. With a wide spatula, lift cooked portion of eggs to allow uncooked portion to flow underneath until eggs are softly set, 1 to 2 minutes.
- Transfer to plates.
- Garnish with remaining tomatoes.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:18.969130453856%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg

Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg

## **Nutrients (% of daily need)**

Calories: 225.14kcal (11.26%), Fat: 13.36g (20.55%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 11.19g (4.07%), Sugar: 3.79g (4.21%), Cholesterol: 372mg (124%), Sodium: 738.62mg (32.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.93%), Vitamin C: 173.31mg (210.07%), Selenium: 31.17µg (44.53%), Vitamin B2: 0.5mg (29.5%), Phosphorus: 245.6mg (24.56%), Vitamin A: 1223.58IU (24.47%), Folate: 86.43µg (21.61%), Vitamin B6: 0.41mg (20.66%), Vitamin B5: 1.78mg (17.84%), Iron: 2.99mg (16.62%), Potassium: 527.07mg (15.06%), Vitamin B12: 0.89µg (14.83%), Vitamin D: 2µg (13.33%), Manganese: 0.26mg (13.06%), Vitamin E: 1.9mg (12.64%), Copper: 0.22mg (10.85%), Zinc: 1.61mg (10.75%), Fiber: 2.24g (8.97%), Magnesium: 33.34mg (8.33%), Calcium: 81.78mg (8.18%), Vitamin K: 7.54µg (7.18%), Vitamin B1: 0.11mg (7.08%), Vitamin B3: 1.25mg (6.24%)