



Loukanika Sausage with Eggs and Tomatoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 eggs beaten
- ☐ 3 cloves garlic crushed
- ☐ 4 tablespoons olive oil
- ☐ 4 servings oregano fresh chopped to taste
- ☐ 4 servings bell pepper to taste
- ☐ 0.5 pound plum tomatoes chopped
- ☐ 4 servings salt to taste
- ☐ 1 pound loukanika sausage diced

- ☐ 2 tablespoons scallions chopped
- ☐ 1 onion yellow chopped

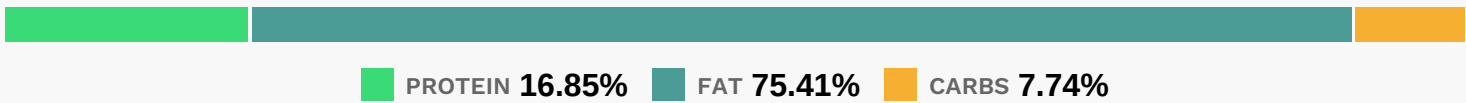
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat the olive oil, on medium high heat, in a non-stick pan, add the sausage and saute quickly to render juices.
- ☐ Add the chopped onions and cook until translucent. Once the onions are cooked, add garlic, oregano and tomatoes and cook slowly for 5 minutes.
- ☐ Add the beaten eggs to the pan, and toss in scallions and begin folding together slowly with a rubber spatula. When well blended, season with salt and pepper and serve hot.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:2.35, Inflammation Score:-10, Nutrition Score:25.34217382514%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 578.95kcal (28.95%), Fat: 48.69g (74.91%), Saturated Fat: 13.37g (83.58%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 7.97g (2.9%), Sugar: 6.08g (6.76%), Cholesterol: 245.33mg (81.78%), Sodium: 985.79mg (42.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.97%), Vitamin C: 107.25mg (129.99%), Vitamin A: 3175.22IU (63.5%), Vitamin B6: 0.76mg (37.86%), Vitamin B3: 6.54mg (32.71%), Vitamin E: 4.38mg (29.22%), Phosphorus: 287.19mg (28.72%), Vitamin K: 29.72µg (28.3%), Vitamin B1: 0.41mg (27.41%), Vitamin B2:

0.43mg (25.36%), Zinc: 3.42mg (22.82%), Vitamin B12: 1.36µg (22.59%), Selenium: 14.1µg (20.15%), Potassium: 703.75mg (20.11%), Folate: 74.17µg (18.54%), Vitamin B5: 1.78mg (17.81%), Iron: 3.09mg (17.17%), Vitamin D: 2.35µg (15.69%), Manganese: 0.29mg (14.72%), Fiber: 3.26g (13.05%), Magnesium: 42.95mg (10.74%), Copper: 0.18mg (8.95%), Calcium: 74.52mg (7.45%)