



## Moroccan-Style Potato and Egg Sandwiches

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon cumin seeds
- 4 large eggs
- 3 tablespoons olive oil extra-virgin
- 1 large onion halved lengthwise cut lengthwise into 1/4-inch-thick slices
- 0.5 lb frying peppers italian cut into 2- by 1/4-inch strips
- 0.8 lb potatoes boiling peeled thinly sliced
- 0.5 teaspoon salt

- 4 kaiser rolls

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Cover eggs with cold water by 1 1/2 inches in a 1 1/2- to 2-quart saucepan and bring to a rolling boil, partially covered. Reduce heat to low and cook eggs, covered, 30 seconds.
- Remove from heat and let eggs stand in hot water, covered, 15 minutes. Rinse eggs under cold water 5 minutes to stop cooking. Peel eggs and quarter lengthwise.
- Meanwhile, toast cumin seeds in a dry 12-inch heavy skillet over moderate heat, stirring, until fragrant and a few shades darker, about 4 minutes.
- Transfer to a bowl to cool, then grind to a powder in grinder.
- Transfer to a small serving bowl.
- Cook peppers, onion, potatoes, salt, and pepper in oil in same skillet over moderate heat, covered, stirring occasionally, until vegetables are browned and very tender, 15 to 20 minutes. Season with salt and pepper.
- Cut off an end of each roll and pull out some of bread from center to form a wide deep pocket in each roll. Put 2 egg quarters in bottom of each pocket and fill with vegetable mixture. Top filling in each sandwich with 2 of remaining egg quarters and sprinkle with some of cumin.
- Serve sandwiches with remaining cumin and oil and harissa for seasoning.

## Nutrition Facts



PROTEIN 13.37%  FAT 37.47%  CARBS 49.16%

## Properties

Glycemic Index:36.75, Glycemic Load:23.94, Inflammation Score:-6, Nutrition Score:17.443912796352%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

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

Calories: 429.37kcal (21.47%), Fat: 18.05g (27.76%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 53.28g (17.76%), Net Carbohydrates: 48.98g (17.81%), Sugar: 8.6g (9.55%), Cholesterol: 186mg (62%), Sodium: 675.47mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.97%), Iron: 13.49mg (74.92%), Vitamin C: 55.79mg (67.63%), Selenium: 16.05µg (22.93%), Vitamin B6: 0.41mg (20.42%), Potassium: 638.59mg (18.25%), Phosphorus: 180.78mg (18.08%), Fiber: 4.3g (17.21%), Vitamin B2: 0.29mg (16.82%), Manganese: 0.32mg (15.91%), Vitamin E: 2.31mg (15.43%), Folate: 51.77µg (12.94%), Vitamin K: 13.57µg (12.92%), Vitamin B5: 1.11mg (11.08%), Copper: 0.22mg (10.85%), Vitamin A: 506.22IU (10.12%), Magnesium: 39.84mg (9.96%), Vitamin B1: 0.15mg (9.87%), Zinc: 1.14mg (7.58%), Vitamin B12: 0.44µg (7.42%), Calcium: 71.99mg (7.2%), Vitamin B3: 1.4mg (7%), Vitamin D: 1µg (6.67%)