



Pipérade with Poached Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds and/or bell peppers green red yellow stemmed seeded
- ☐ 2 servings pepper black freshly ground
- ☐ 1.5 teaspoons thyme leaves or dried fresh
- ☐ 1 tablespoon garlic minced
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces pieces pancetta thinly sliced
- ☐ 1 small onion red

- ☐ 2 roma tomatoes quartered
- ☐ 0.5 tsp salt
- ☐ 2 tablespoons sherry vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Pour olive oil into a large frying pan over medium-high heat.
- ☐ Add pancetta and cook, stirring occasionally, until it begins to get crisp and brown, 4 to 5 minutes. With a slotted spoon, transfer pancetta to a bowl.
- ☐ Add peppers, onion, garlic, thyme, and 1/2 tsp. salt to pan, and cook, stirring often, until vegetables begin to soften, 7 to 10 minutes. Lower heat to medium-low and cook, stirring occasionally, until very soft, about 25 minutes longer.
- ☐ Add chicken broth, vinegar, tomatoes, and cooked pancetta to pan. Increase heat to medium-high, and boil, stirring often, until liquid is very slightly reduced and thickened, 8 to 10 minutes. Stir in olives if using, and season to taste with pepper and more salt.
- ☐ Meanwhile, poach eggs (recipe follows).
- ☐ Spoon piprade into 2 wide, shallow bowls, and nestle 1 or 2 poached eggs in each serving.
- ☐ Perfect Poached Eggs
- ☐ Put about 3 in. water in a wide pan; bring to a boil over high heat. With a slotted spoon, quickly and gently immerse eggs in the shell, 1 at a time, for 8 seconds, then lift out.
- ☐ Pour out all but 1 in. of water from pan; reduce heat so bubbles on pan bottom pop to the surface only occasionally. Crack eggs 1 at a time, and, holding shell close to the surface of the water, break it open to let egg slide gently into water. Cook to desired doneness (poke gently with a spoon to check), 3 to 4 minutes for soft-poached eggs.
- ☐ With slotted spoon, lift eggs 1 at a time from water.

Nutrition Facts



 **PROTEIN 14.12%**  **FAT 50.45%**  **CARBS 35.43%**

Properties

Glycemic Index:102, Glycemic Load:6.5, Inflammation Score:-10, Nutrition Score:29.8591304551%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg

Nutrients (% of daily need)

Calories: 350.04kcal (17.5%), Fat: 20.92g (32.18%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 23.91g (8.69%), Sugar: 18.6g (20.66%), Cholesterol: 18.71mg (6.24%), Sodium: 860.93mg (37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Vitamin C: 451.74mg (547.56%), Vitamin A: 11251.7IU (225.03%), Vitamin B6: 1.26mg (62.98%), Vitamin E: 6.86mg (45.7%), Folate: 177.05µg (44.26%), Vitamin B3: 8.19mg (40.96%), Fiber: 9.14g (36.57%), Potassium: 1236.69mg (35.33%), Manganese: 0.64mg (31.98%), Vitamin K: 26.23µg (24.98%), Vitamin B2: 0.42mg (24.78%), Phosphorus: 239.97mg (24%), Vitamin B1: 0.32mg (21.27%), Magnesium: 63.09mg (15.77%), Iron: 2.81mg (15.6%), Vitamin B5: 1.39mg (13.9%), Copper: 0.27mg (13.58%), Zinc: 1.7mg (11.34%), Selenium: 6.89µg (9.84%), Calcium: 68.61mg (6.86%), Vitamin B12: 0.38µg (6.3%)