



Poached Eggs in Tomato Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



66 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 bell peppers seeded sliced
- 15 oz canned tomatoes diced with juice canned
- 8 large eggs
- 3 cloves garlic minced
- 0.5 teaspoon ground cumin
- 2 tablespoons olive oil
- 1 small onion sliced
- 15 servings salt and pepper

- 1 teaspoon sugar
- 0.5 teaspoon paprika sweet
- 1 tablespoon tomato paste

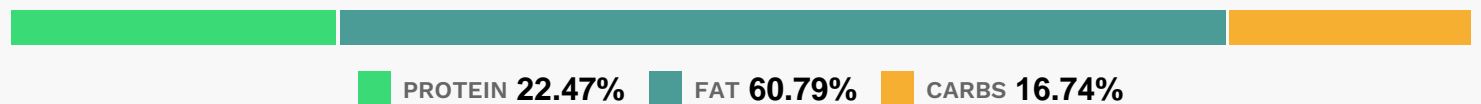
Equipment

- frying pan

Directions

- Warm oil in a large skillet over medium heat.
- Add onion, season with salt and cook, stirring, until onion is translucent, about 5 minutes.
- Add peppers; cook until tender, about 3 minutes, stirring twice.
- Add garlic. Saut 30 seconds.
- Add tomatoes with juice. Stir. Raise heat to medium high. Bring to a boil, reduce heat to medium and simmer until thickened, 7 to 10 minutes, stirring occasionally.
- Add tomato paste, spices, sugar and 1 cup water; stir. Season with salt and pepper.
- Using a spoon, make 8 indentations in the sauce; break an egg into each. Season with salt and pepper, cover skillet, reduce heat to low and cook until whites are opaque and yolks are cooked as you like them, about 4 minutes for runny and 5 minutes for firm.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:6.1773913373118%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 65.92kcal (3.3%), Fat: 4.51g (6.94%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.71g (1.9%), Cholesterol: 99.2mg (33.07%), Sodium: 241.52mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin C: 31.24mg (37.86%), Vitamin A: 939.27IU (18.79%), Selenium: 8.39µg (11.98%), Vitamin B2: 0.15mg (8.63%), Vitamin E: 0.99mg (6.62%), Vitamin B6: 0.13mg (6.58%), Phosphorus: 62.69mg (6.27%), Folate: 24.55µg (6.14%), Vitamin B5: 0.5mg (4.97%), Vitamin B12: 0.24µg (3.96%), Iron: 0.69mg (3.84%), Vitamin D: 0.53µg (3.56%), Potassium: 109.83mg (3.14%), Zinc: 0.43mg (2.88%), Manganese: 0.06mg (2.86%), Fiber: 0.67g (2.66%), Vitamin K: 2.58µg (2.45%), Calcium: 20.06mg (2.01%), Vitamin B1: 0.03mg (1.88%), Magnesium: 7.49mg (1.87%), Copper: 0.03mg (1.6%), Vitamin B3: 0.31mg (1.53%)