



 **81%**
HEALTH SCORE

Poached Eggs in Tomato Sauce with Chickpeas and Feta

 Vegetarian  Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



799 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 15 ounce garbanzo beans drained canned
- 28 canned tomatoes whole crushed peeled canned
- 8 large eggs
- 1 cup feta cheese crumbled
- 1 tablespoon flat parsley chopped
- 1 tablespoon cilantro leaves fresh chopped
- 4 garlic clove coarsely chopped

- 1 teaspoon ground cumin
- 2 teaspoons paprika sweet
- 2 jalapeno seeded finely chopped
- 6 servings pepper black freshly ground
- 0.3 cup olive oil
- 1 medium onion finely chopped
- 6 servings wholewheat pita breads

Equipment

- frying pan
- oven

Directions

- Preheat oven to 425°F.
- Heat oil in a large ovenproof skillet over medium-high heat.
- Add onion, garlic, and jalapeños; cook, stirring occasionally, until onion is soft, about 8 minutes.
- Add chickpeas, paprika, and cumin and cook for 2 minutes longer.
- Add crushed tomatoes and their juices. Bring to a boil, reduce heat to medium-low, and simmer, stirring occasionally, until sauce thickens slightly, about 15 minutes. Season to taste with salt and pepper.
- Sprinkle feta evenly over sauce. Crack eggs one at a time and place over sauce, spacing evenly apart.
- Transfer skillet to oven and bake until whites are just set but yolks are still runny, 5–8 minutes.
- Garnish with parsley and cilantro.
- Serve with pita for dipping.
- Per serving: 358 calories, 22 g fat, 22 g carbohydrates
- Bon Appétit

Nutrition Facts



■ PROTEIN 16.72% ■ FAT 26.59% ■ CARBS 56.69%

Properties

Glycemic Index:61.56, Glycemic Load:32.58, Inflammation Score:-10, Nutrition Score:68.776086848715%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg

Nutrients (% of daily need)

Calories: 798.88kcal (39.94%), Fat: 25.48g (39.2%), Saturated Fat: 7.27g (45.45%), Carbohydrates: 122.22g (40.74%), Net Carbohydrates: 97.88g (35.59%), Sugar: 46.97g (52.19%), Cholesterol: 270.25mg (90.08%), Sodium: 3622.43mg (157.5%), Alcohol: 0g (100%), Protein: 36.05g (72.1%), Vitamin C: 186.9mg (226.54%), Vitamin B6: 2.79mg (139.28%), Iron: 22.14mg (122.99%), Manganese: 2.45mg (122.45%), Potassium: 3955.58mg (113.02%), Vitamin E: 15.47mg (103.12%), Vitamin B2: 1.66mg (97.42%), Fiber: 24.33g (97.33%), Calcium: 842.65mg (84.27%), Copper: 1.61mg (80.37%), Vitamin B3: 15.43mg (77.17%), Vitamin B1: 1.12mg (74.65%), Vitamin K: 74.52µg (70.97%), Phosphorus: 705.61mg (70.56%), Magnesium: 263.39mg (65.85%), Vitamin A: 3164.84IU (63.3%), Folate: 230.17µg (57.54%), Vitamin B5: 4.03mg (40.32%), Selenium: 28.01µg (40.02%), Zinc: 5.34mg (35.59%), Vitamin B12: 1.02µg (16.93%), Vitamin D: 1.43µg (9.56%)