



Shakshuka



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 28 ounce canned tomatoes whole crushed peeled canned
- ☐ 3 tablespoons canola oil
- ☐ 1 teaspoon caraway seeds
- ☐ 8 eggs
- ☐ 7 garlic clove finely chopped
- ☐ 1 large bell pepper green cored seeded chopped

- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon paprika sweet
- ☐ 1 large jalapeno cored seeded chopped
- ☐ 1.5 tablespoons kosher salt
- ☐ 2.5 tablespoons sugar
- ☐ 0.5 bunch swiss chard stemmed chopped
- ☐ 0.3 cup tomato paste
- ☐ 2 medium onion yellow chopped

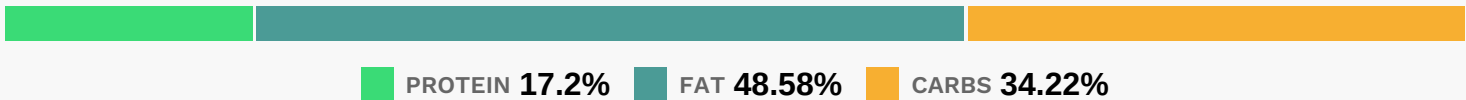
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet.
- ☐ Add the onions and sauté over medium heat until translucent, 5 to 10 minutes.
- ☐ Add the bell peppers and jalapeño and cook just until softened, 3 to 5 minutes. Stir in the garlic and tomato paste and sauté for another 2 minutes.
- ☐ Slowly pour in the tomatoes. Stir in the bay leaf, sugar, salt, paprika, cumin, pepper, and caraway and let the mixture simmer for 20 minutes.
- ☐ Layer the Swiss chard leaves on top.
- ☐ Crack the eggs into the tomato mixture. Cover and simmer for approximately 10 minutes or until the whites of the eggs are no longer translucent.
- ☐ Excerpted from Balaboosta by Einat Admony (Artisan Books). Copyright © 201
- ☐ Photographs by Quentin Bacon.

Nutrition Facts



Properties

Glycemic Index:74.52, Glycemic Load:8.54, Inflammation Score:-10, Nutrition Score:33.386086878569%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg Quercetin: 14.16mg, Quercetin: 14.16mg, Quercetin: 14.16mg, Quercetin: 14.16mg

Nutrients (% of daily need)

Calories: 355.05kcal (17.75%), Fat: 20.13g (30.96%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 25.65g (9.33%), Sugar: 18.68g (20.75%), Cholesterol: 327.36mg (109.12%), Sodium: 3242.59mg (140.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.07%), Vitamin K: 333.33µg (317.45%), Vitamin C: 76.36mg (92.56%), Vitamin A: 4330.06IU (86.6%), Vitamin E: 6.4mg (42.64%), Selenium: 29.79µg (42.56%), Manganese: 0.77mg (38.27%), Vitamin B2: 0.64mg (37.4%), Vitamin B6: 0.73mg (36.42%), Iron: 6.54mg (36.32%), Potassium: 1068.73mg (30.54%), Phosphorus: 292.91mg (29.29%), Fiber: 6.25g (25%), Magnesium: 92.35mg (23.09%), Copper: 0.44mg (21.78%), Folate: 81.33µg (20.33%), Calcium: 189.13mg (18.91%), Vitamin B5: 1.88mg (18.76%), Vitamin B1: 0.23mg (15.19%), Vitamin B3: 2.75mg (13.73%), Zinc: 2.06mg (13.71%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%)