



Shakshuka



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 onions red chopped
- ☐ 1 chilli red deseeded finely chopped
- ☐ 1 garlic clove sliced
- ☐ 1 small bunch coriander chopped
- ☐ 800 g cherry tomatoes canned
- ☐ 1 tsp caster sugar
- ☐ 4 eggs

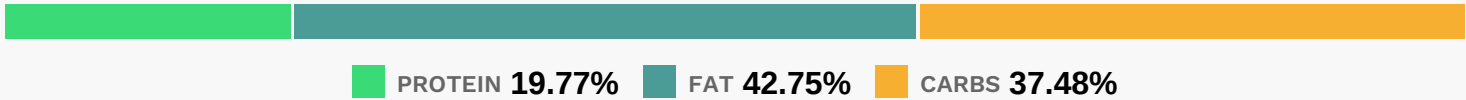
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a frying pan that has a lid, then soften the onions, chilli, garlic and coriander stalks for 5 mins until soft. Stir in the tomatoes and sugar, then bubble for 8–10 mins until thick. Can be frozen for 1 month.
- ☐ Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6–8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:102.05, Glycemic Load:4.63, Inflammation Score:-10, Nutrition Score:28.288695874421%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 27.27mg, Quercetin: 27.27mg, Quercetin: 27.27mg, Quercetin: 27.27mg

Nutrients (% of daily need)

Calories: 323.96kcal (16.2%), Fat: 16.05g (24.7%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 26.51g (9.64%), Sugar: 18.29g (20.32%), Cholesterol: 327.36mg (109.12%), Sodium: 177.64mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Vitamin C: 133.22mg (161.48%), Vitamin A: 2917.66IU (58.35%), Selenium: 29.94µg (42.77%), Vitamin B6: 0.74mg (36.8%), Potassium: 1253.46mg (35.81%), Manganese: 0.67mg (33.54%), Phosphorus: 332.03mg (33.2%), Vitamin B2: 0.55mg (32.22%), Folate: 121.96µg (30.49%), Vitamin K: 31.69µg (30.18%), Vitamin E: 4.45mg (29.67%), Iron: 4.86mg (27%), Copper: 0.45mg (22.45%), Vitamin B5: 2.08mg (20.77%), Fiber: 5.15g (20.6%), Vitamin B1: 0.25mg (16.78%), Magnesium: 64.15mg (16.04%), Vitamin B3: 2.66mg (13.28%), Zinc: 1.98mg (13.19%), Vitamin B12: 0.78µg (13.05%), Calcium: 127.22mg (12.72%), Vitamin D: 1.76µg (11.73%)