



Shakshuka Middle Eastern Breakfast Dish



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes crushed canned
- ☐ 4 eggs
- ☐ 2 cloves garlic minced
- ☐ 1 onion chopped
- ☐ 4 dashes pepper sauce hot tabasco® (such as)
- ☐ 1 pinch salt
- ☐ 2 teaspoons vegetable oil
- ☐ 1 zucchini chopped

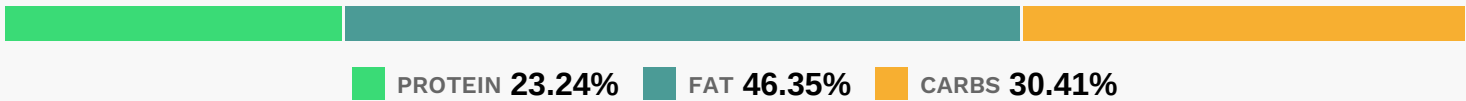
Equipment

- ☐ frying pan

Directions

- ☐ Heat the vegetable oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in zucchini; cook and stir for 5 minutes.
- ☐ Mix in the crushed tomatoes and hot pepper sauce. Cover and simmer for 10 minutes.
- ☐ Make 4 wells in the tomato mixture, and crack the eggs into each well. Do not stir. Cover and cook until eggs are desired consistency, about 3 minutes for soft yolks. Carefully remove the eggs from the skillet and serve with the tomato sauce.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:21.294347887454%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg

Nutrients (% of daily need)

Calories: 254.13kcal (12.71%), Fat: 13.65g (21%), Saturated Fat: 3.61g (22.53%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 15.48g (5.63%), Sugar: 11.38g (12.64%), Cholesterol: 327.36mg (109.12%), Sodium: 347.28mg (15.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.79%), Vitamin C: 35.74mg (43.32%), Selenium: 28.76µg (41.09%), Vitamin B2: 0.59mg (34.49%), Vitamin B6: 0.63mg (31.27%), Manganese: 0.58mg (28.94%), Phosphorus: 277.4mg (27.74%), Potassium: 885.16mg (25.29%), Folate: 93.86µg (23.46%), Iron: 3.91mg (21.74%), Vitamin E: 3.2mg (21.3%), Vitamin B5: 2.03mg (20.29%), Copper: 0.41mg (20.26%), Vitamin K: 20.54µg (19.56%), Vitamin A: 977.65IU (19.55%), Fiber: 4.67g (18.69%), Magnesium: 62.81mg (15.7%), Vitamin B1: 0.22mg (14.47%), Calcium: 131.26mg (13.13%), Zinc: 1.96mg (13.07%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%), Vitamin B3: 2.33mg (11.63%)