



Spicy Moroccan eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp canola oil
- ☐ 1 large onion halved thinly sliced
- ☐ 3 garlic clove sliced
- ☐ 1 tbsp harissa
- ☐ 1 tsp ground coriander
- ☐ 150 ml vegetable stock
- ☐ 400 g chickpeas canned
- ☐ 800 g cherry tomatoes canned

- ☐ 2 zucchini diced finely
- ☐ 200 g baby spinach
- ☐ 4 tbsp cilantro leaves chopped
- ☐ 4 large eggs

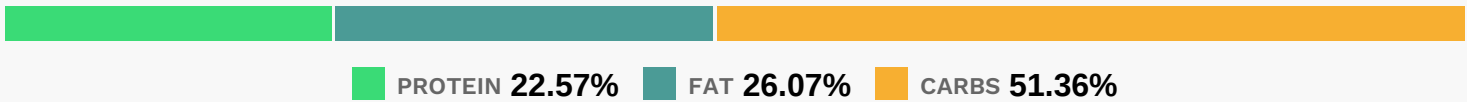
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large, deep frying pan, and fry the onion and garlic for about 8 mins, stirring every now and then, until starting to turn golden.
- ☐ Add the harissa and ground coriander, stir well, then pour in the stock and chickpeas with their liquid. Cover and simmer for 5 mins, then mash about one-third of the chickpeas to thicken the stock a little.
- ☐ Tip the tomatoes and courgettes into the pan, and cook gently for 10 mins until the courgettes are tender. Fold in the spinach so that it wilts into the pan.
- ☐ Stir in the chopped coriander, then make 4 hollows in the mixture and break in the eggs. Cover and cook for 2 mins, then take off the heat and allow to settle for 2 mins before serving.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:6.84, Inflammation Score:-10, Nutrition Score:41.221738815308%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

Nutrients (% of daily need)

Calories: 344.65kcal (17.23%), Fat: 10.47g (16.1%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 34.34g (12.49%), Sugar: 15.06g (16.73%), Cholesterol: 186mg (62%), Sodium: 348.81mg (15.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.78%), Vitamin K: 258.69µg (246.37%), Vitamin A: 6292.28IU (125.85%), Vitamin C: 82.77mg (100.33%), Manganese: 1.97mg (98.61%), Folate: 349.8µg (87.45%), Fiber: 12.05g (48.22%), Potassium: 1416.21mg (40.46%), Phosphorus: 403.04mg (40.3%), Iron: 7.07mg (39.28%), Vitamin B6: 0.72mg (35.94%), Copper: 0.69mg (34.32%), Magnesium: 135.49mg (33.87%), Vitamin B2: 0.54mg (31.72%), Selenium: 21.42µg (30.59%), Vitamin E: 3.61mg (24.08%), Vitamin B1: 0.32mg (21.17%), Zinc: 3.15mg (21.02%), Calcium: 181.09mg (18.11%), Vitamin B5: 1.6mg (16.05%), Vitamin B3: 2.56mg (12.82%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)