

 52%
HEALTH SCORE

Spinach with Chickpeas and Fried Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce garbanzo beans rinsed canned
- ☐ 5 canned tomatoes whole canned crushed
- ☐ 1 teaspoon cumin seeds
- ☐ 4 large eggs
- ☐ 4 medium garlic clove divided thinly sliced
- ☐ 4 servings pepper freshly ground
- ☐ 3 tablespoons olive oil divided plus more
- ☐ 1 cup onion chopped

- ☐ 0.3 teaspoon paprika smoked
- ☐ 8 cups pkt spinach coarsely chopped
- ☐ 3 cups vegetable stock ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ potato masher

Directions

- ☐ Heat 1 tablespoon oil in a large heavy pot over medium heat. When oil begins to shimmer, add 1 garlic clove. Stir until beginning to turn golden brown, 1–2 minutes.
- ☐ Add spinach to pot. Toss to coat; season with salt and pepper. Cook until spinach is wilted but still bright green, 2–3 minutes.
- ☐ Transfer to a medium bowl; set aside. Wipe out pot.
- ☐ Heat 2 tablespoons oil in same pot over medium heat. When oil begins to shimmer, add onion and 3 garlic cloves. Cook, stirring often, until onion is softened, 3–4 minutes.
- ☐ Add cumin and paprika; stir until cumin is toasted and fragrant, 1–2 minutes.
- ☐ Add chickpeas and tomatoes; stir to coat. Cook until tomatoes start to caramelize and chickpeas begin to brown, 8–10 minutes.
- ☐ Add 3 cups broth; bring to a simmer, scraping up any browned bits from bottom of pan. Reduce heat to medium; simmer, occasionally mashing some chickpeas with the back of a spoon or a potato masher, until sauce is thickened, 15–20 minutes. Fold in spinach; simmer for flavors to meld, adding more broth by 1/4-cupfuls if too thick, 8–10 minutes.
- ☐ Pour oil into a large heavy skillet to a depth of 1/8" (about 1/4 cup).
- ☐ Heat until oil begins to shimmer. Crack 2 eggs into hot oil, spacing apart. Using a large spoon, carefully baste whites (not yolks) with oil until whites are set and edges are crunchy, lacy, and golden brown, 2–3 minutes (do not turn). Season eggs with salt and pepper.
- ☐ Transfer to a plate and repeat with remaining 2 eggs.
- ☐ Spoon chickpea stew into bowls and top each with a fried egg.

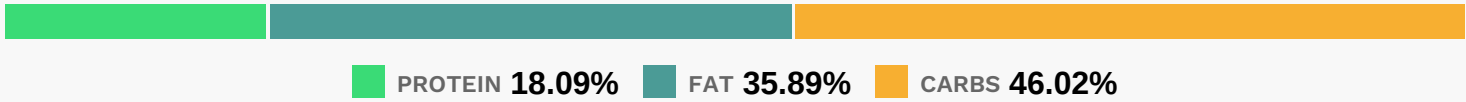
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Per serving: 420 calories, 18 g fat, 12 g fiber

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Bon Appétit

Nutrition Facts



Properties

Glycemic Index:56.58, Glycemic Load:10.21, Inflammation Score:-10, Nutrition Score:47.632608330768%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg

Nutrients (% of daily need)

Calories: 484.33kcal (24.22%), Fat: 20.49g (31.52%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 59.11g (19.7%), Net Carbohydrates: 42.43g (15.43%), Sugar: 15.91g (17.68%), Cholesterol: 186mg (62%), Sodium: 2152.42mg (93.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.46%), Vitamin K: 311.67µg (296.83%), Manganese: 2.82mg (141.01%), Vitamin A: 6974.13IU (139.48%), Vitamin B6: 1.87mg (93.42%), Vitamin C: 68.79mg (83.38%), Fiber: 16.68g (66.71%), Folate: 241.97µg (60.49%), Iron: 10.66mg (59.23%), Potassium: 1759.48mg (50.27%), Vitamin E: 6.81mg (45.42%), Magnesium: 174.29mg (43.57%), Phosphorus: 415.35mg (41.53%), Copper: 0.82mg (41.25%), Vitamin B2: 0.67mg (39.64%), Calcium: 341.2mg (34.12%), Selenium: 21.38µg (30.54%), Vitamin B1: 0.39mg (26.27%), Vitamin B3: 4.51mg (22.55%), Zinc: 3.28mg (21.88%), Vitamin B5: 2.12mg (21.19%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)