



Tajin Sibnekh (Tunisian Chicken and Eggs)

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



187 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 8 ounces rotisserie chicken breast meat diced
- 8 eggs
- 1 tablespoon harissa
- 1 large onion diced
- 0.3 cup parmesan cheese
- 1 cup peas frozen
- 2 potatoes cubed peeled

- 1.5 teaspoons ras el hanout spice mix
- 1 pinch salt and pepper to taste
- 1 bunch pkt spinach fresh washed and chopped
- 1.5 tablespoons tomato sauce
- 0.3 cup vegetable oil
- 0.5 cup water

Equipment

- frying pan
- paper towels
- oven
- mixing bowl
- baking pan
- slotted spoon

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish.
- Heat the vegetable oil in a large skillet over medium-high heat. Fry the potatoes in the hot oil until golden brown and tender, about 7 minutes.
- Remove with a slotted spoon, and drain on a paper towel-lined plate. Stir the chicken into the remaining oil, and cook until white on the outside, but still pink on the inside, about 2 minutes.
- Add the onion, and continue cooking until the onion has softened and turned translucent, about 5 minutes. Stir in the harissa, ras el hanout, water, tomato sauce, and butter. Bring to a simmer, then stir in the spinach until wilted.
- Remove from the heat, and set aside.
- Beat the eggs in a large mixing bowl until smooth. Stir in the peas, Parmesan cheese, and fried potatoes. Stir in the chicken mixture a spoonful at a time, season to taste with salt and pepper, then pour into the prepared baking dish.
- Bake in preheated oven until the mixture is firm and golden brown, 15 to 20 minutes. Allow to cool slightly, then cut into 12 squares, and serve warm.

Nutrition Facts

PROTEIN 23.48% FAT 53.36% CARBS 23.16%

Properties

Glycemic Index:26.17, Glycemic Load:5.45, Inflammation Score:-9, Nutrition Score:18.364782706551%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 187.18kcal (9.36%), Fat: 11.22g (17.26%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 8.49g (3.09%), Sugar: 1.99g (2.21%), Cholesterol: 125.61mg (41.87%), Sodium: 170.62mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.21%), Vitamin K: 153.63µg (146.32%), Vitamin A: 2986IU (59.72%), Vitamin C: 21.28mg (25.79%), Selenium: 16.4µg (23.42%), Folate: 86.52µg (21.63%), Manganese: 0.4mg (20.01%), Vitamin B6: 0.4mg (19.79%), Phosphorus: 169.65mg (16.96%), Vitamin B2: 0.25mg (14.72%), Vitamin B3: 2.9mg (14.49%), Potassium: 481.88mg (13.77%), Magnesium: 46.67mg (11.67%), Iron: 1.98mg (10.98%), Vitamin E: 1.57mg (10.44%), Fiber: 2.47g (9.88%), Calcium: 93.55mg (9.35%), Vitamin B5: 0.89mg (8.92%), Vitamin B1: 0.12mg (7.69%), Copper: 0.14mg (6.77%), Zinc: 1mg (6.69%), Vitamin B12: 0.33µg (5.57%), Vitamin D: 0.62µg (4.13%)