



Tastira (Tunisian Fried Peppers and Eggs)



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon caraway seeds
- ☐ 0.7 cup mild chile peppers chopped
- ☐ 4 eggs
- ☐ 4 cloves garlic diced
- ☐ 1.5 cups bell peppers green seeded chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 1 pinch salt

☐ 2 cups tomatoes seeded chopped

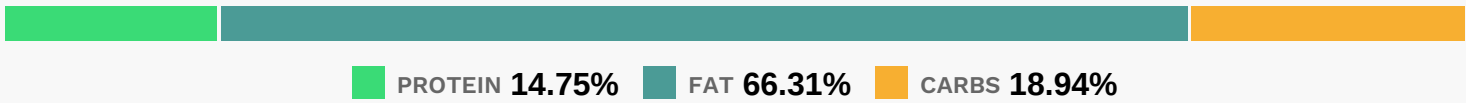
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ mortar and pestle

Directions

- ☐ Mash the garlic, caraway seeds, and pinch of salt in a mortar and pestle or against the side of a mixing bowl.
- ☐ Heat 1 tablespoon of the olive oil in a skillet over medium heat. Stir in the chile peppers; cook and stir until the peppers have softened, about 5 minutes.
- ☐ Remove them from the skillet and set aside.
- ☐ Add another tablespoon of oil to the skillet and cook the bell peppers and tomatoes until the peppers are soft and the tomatoes have begun to break down, about 5 more minutes.
- ☐ Add the tomato–bell pepper mixture to the hot peppers. Stir in the mashed garlic and caraway seeds. Spoon the vegetables onto plates or a serving platter.
- ☐ Heat the remaining oil in the skillet. Fry the eggs until the whites are set and the yolks are the desired consistency, about 2 to 3 minutes for runny yolks, 4 to 5 minutes for fully set yolks.
- ☐ Place the fried eggs on the vegetable mixture and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:15.515652179718%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

1.72mg

Nutrients (% of daily need)

Calories: 200.04kcal (10%), Fat: 15.28g (23.5%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 6.94g (2.52%), Sugar: 4.83g (5.36%), Cholesterol: 163.68mg (54.56%), Sodium: 80.82mg (3.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.29%), Vitamin C: 92.31mg (111.89%), Vitamin A: 1309.18IU (26.18%), Vitamin B6: 0.43mg (21.45%), Selenium: 14.25µg (20.35%), Vitamin K: 20.19µg (19.23%), Vitamin E: 2.8mg (18.64%), Vitamin B2: 0.26mg (15.39%), Manganese: 0.29mg (14.73%), Phosphorus: 140.19mg (14.02%), Potassium: 449.3mg (12.84%), Fiber: 2.88g (11.51%), Folate: 43.45µg (10.86%), Iron: 1.78mg (9.9%), Vitamin B5: 0.87mg (8.66%), Copper: 0.17mg (8.44%), Magnesium: 29.6mg (7.4%), Vitamin B1: 0.11mg (7.12%), Vitamin B12: 0.39µg (6.53%), Zinc: 0.95mg (6.34%), Vitamin D: 0.88µg (5.87%), Calcium: 57.5mg (5.75%), Vitamin B3: 1.13mg (5.65%)