

SHAKSHOUKA

 2 portions

INGREDIENTS

- 228 grams of eggs, chicken, whole, raw
- 200 grams of tomatoes, standard, raw
- 50 grams of tomato puree
- 118 grams of onions, raw
- 80 grams of pepper, capsicum, red, raw
- 1 tablespoon of oil, olive (11 g)
- 1 gram of salt
- 1 gram of pepper, black
- 2 grams of parsley, fresh

COOKING METHOD

- 1° Blend the tomatoes with tomato puree. Or you can use tomato sauce ready made. Fry onions, add the tomato sauce and little bit of water.
- 2° Add the eggs, and the rest of the ingredients. Cover pan with the lid and let the eggs cook for 3 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (244 g)	% DRI
ENERGY	76 kcal	185 kcal	9 %
PROTEIN	5 g	12 g	24 %
CARBOHYDRATE	4 g	10 g	4 %
SUGARS	3 g	7 g	8 %
FAT	5 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
FIBER	1 g	3 g	12 %
SODIUM	113 mg	275 mg	11 %