

**SHAKSHUKA** 2 portions**INGREDIENTS**

- 300 grams of broccoli, green
- 150 grams of tomato, raw
- 1 medium unit of onions, raw [150 g]
- 3 cloves of garlic, raw [9 g]
- 100 grams of mushroom, white, raw
- 1 teaspoon of oil, olive [3 g]
- 10 grams of nuts, pine nuts, pinyon, dried
- 200 grams of eggs, chicken, whole, raw

COOKING METHOD

- 1° Fry all veggies on medium heat, then add eggs and cover. When ready add nuts and season with salt and spices.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [454 g]	% DRI
ENERGY	60 kcal	273 kcal	14 %
FAT	3 g	14 g	22 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	17 %
CHOLESTEROL	77 mg	350 mg	117 %
SODIUM	39 mg	179 mg	7 %
CARBOHYDRATE	4 g	20 g	7 %
SUGARS	2 g	8 g	-
FIBER	2 g	7 g	30 %
PROTEIN	5 g	21 g	-