

Israeli Shakshuka

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-shakshuka-recipe-with-meat>

Ingredients:

- 3 eggs
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic chopped fine
- 1 red onion chopped fine
- 1 green bell pepper chopped fine
- 1 cup crushed tomatoes
- 1 teaspoon cumin powder Ground
- 1 teaspoon chilli powder or paprika
- 1 teaspoon salt
- 1 teaspoon parsley finely chopped

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 210 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 3 grams
8. Sodium: 970 milligrams
9. Sugar: 3 grams

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