

Eggs in Purgatory | Italian Style

Yield: 3 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/eggs-in-purgatory-italian-recipe>

Ingredients:

- 2 teaspoons extra virgin olive oil
- 1 red onion small, diced, about 1 cup
- 3 cloves garlic minced, about 1 tablespoon
- 1 can chickpeas reduced-sodium, 15 ounces, rinsed and drained
- 1 jar tomato pasta sauce good-quality, 24 ounces
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes
- 5 ounces baby spinach
- 4 eggs large Phil's Fresh
- 1/2 cup grated Parmesan cheese freshly
- fresh basil Chopped
- baguette slices for serving

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 300 milligrams
4. Fat: 24 grams
5. Fiber: 15 grams
6. Protein: 31 grams
7. SaturatedFat: 8 grams
8. Sodium: 2720 milligrams
9. Sugar: 25 grams

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