

# Portuguese-Style Braised Peas with Eggs

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-portuguese-egg-tart-recipe>

## Ingredients:

- 1 chourico sausage, sliced (about 1½ cups) chourico, sliced, about 1½ cups
- 1 tablespoon olive oil
- 1 onion medium, chopped
- 2 cloves garlic minced
- 1 hot chile pepper seeded and minced, optional
- 3 tablespoons dry sherry or red wine
- 2 plum tomatoes large, diced
- frozen peas or 2 cups fresh
- 1 teaspoon smoked paprika hot or sweet
- 1 bay leaf
- salt
- pepper
- 4 eggs
- fresh parsley Chopped, for garnish, optional

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 230 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 560 milligrams
9. Sugar: 5 grams

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