

# Shakshuka

Yield: 3 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/shakshuka-india-recipe>

## Ingredients:

- 3 tablespoons extra virgin olive oil
- 1/2 red bell pepper seeded and sliced longways
- 1/2 yellow onion chopped, 1/3 cup
- 3 cloves garlic thinly sliced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder dark
- 1/2 smoked paprika
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground pepper fresh
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon kosher salt
- 14 ounces crushed tomatoes
- 4 eggs
- 1/4 cup crumbled feta cheese optional
- 1/4 cup chopped parsley roughly, or cilantro, optional
- toasted baguette
- pita bread

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 295 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 1080 milligrams
9. Sugar: 4 grams

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