

Menemen (Turkish Egg Scramble)

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-menemen-recipe-spinach>

Ingredients:

- 1 tablespoon olive oil
- 1 white onion small, finely diced
- 1 large green bell pepper *, diced
- 15 ounces diced tomatoes with their juices
- 1 tablespoon butter
- 1 teaspoon aleppo pepper
- fine sea salt
- freshly cracked black pepper
- 3 eggs
- chives optional
- crumbled feta optional
- avocado optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 200 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 6 grams
8. Sodium: 410 milligrams
9. Sugar: 7 grams

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