

# Shakshuka

Ezra Weeks - Calgary, AB  
Taste of Home - April/May 2016

## Servings: 4

2 tablespoons olive oil  
1 medium onion, chopped  
1 clove garlic, minced  
1 teaspoon ground cumin  
1 teaspoon pepper  
1/2 to 1 teaspoon chili powder  
1/2 teaspoon salt  
1 teaspoon Sriracha asian hot chile sauce OR hot pepper sauce (optional)  
2 medium tomatoes, chopped  
4 large eggs  
chopped fresh cilantro (for garnish)  
whole pita breads, toasted

In a large skillet, heat the oil over medium heat. Add the onion. Cook and stir for 4 to 6 minutes or until tender. Add the garlic, seasoning and, if desired, the hot chili sauce. Cook for 30 seconds longer.

Add the tomatoes. Cook for 3 to 5 minutes or until the mixture is thickened, stirring occasionally.

With the back of a spoon, make four wells in the vegetable mixture. Break an egg into each well. Cook, covered, for 4 to 6 minutes or until the egg whites are completely set and the yolks begin to thicken but are not hard.

Sprinkle with the cilantro. Serve with pita bread.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 164 Calories; 12g Fat (65.7% calories from fat); 7g Protein; 7g Carbohydrate; 2g Dietary Fiber; 212mg Cholesterol; 353mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 Fat.

Breakfast

## Per Serving Nutritional Analysis

Calories (kcal):	164	Vitamin B6 (mg):	.2mg
% Calories from Fat:	65.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	16.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	17.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	12g	Folacin (mcg):	40mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg

**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 212mg  
**Carbohydrate (g):** 7g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 7g  
**Sodium (mg):** 353mg  
**Potassium (mg):** 283mg  
**Calcium (mg):** 47mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 962IU  
**Vitamin A (r.e.):** 141 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 164 **Calories from Fat:** 108

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#### % Daily Values\*

<b>Total Fat</b>	12g	19%
	Saturated Fat 3g	13%
<b>Cholesterol</b>	212mg	71%
<b>Sodium</b>	353mg	15%
<b>Total Carbohydrates</b>	7g	2%
	Dietary Fiber 2g	7%
<b>Protein</b>	7g	

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<b>Vitamin A</b>	19%
<b>Vitamin C</b>	24%
<b>Calcium</b>	5%
<b>Iron</b>	11%

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\* Percent Daily Values are based on a 2000 calorie diet.