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Eggs Piperade ♦♦

Eggs Piperade is a traditional Basque dish made with eggs and a flavorful mixture of peppers, onions, and tomatoes. It is typically served for breakfast or brunch and is a popular dish in the Basque region of France and Spain. The dish is known for its vibrant colors and bold flavors.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

4 pieces	Eggs
150 g	Red Bell Pepper
150 g	Green Bell Pepper
100 g	onion

200 g	Tomatoes
30 ml	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Stove

Add the onions and peppers to the pan and cook until softened, about 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

Add the tomatoes to the pan and cook for another 5 minutes, until they start to break down.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stove

Create small wells in the mixture and crack the eggs into the wells. Season with salt and black pepper.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Stove

Cover the pan and cook until the eggs are cooked to your liking, about 5 minutes for medium doneness.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Serve hot with crusty bread.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 12 g

Protein: 12 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	370 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	15 mg	100%	100%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer

Events

Picnic

Cuisines

Middle Eastern

Kitchen Tools

Slow Cooker

Course

Side Dishes Salads Snacks Sauces & Dressings

Cultural

Cinco de Mayo Halloween

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Volumetrics Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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