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Eggs Pizzaiola ♦

Eggs Pizzaiola is a classic Italian dish made with eggs and a flavorful tomato sauce. It is often served for breakfast or brunch, but can also be enjoyed as a quick and easy dinner option. The eggs are poached in the tomato sauce, which is seasoned with garlic, oregano, and red pepper flakes for a spicy kick. The dish is typically served with crusty bread for dipping in the sauce.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

4 pieces	Eggs
2 c	Tomatoes
2 cloves	garlic

1 tsp	Oregano
0.5 tsp	Red Pepper Flakes
0.5 tsp	Salt
2 tbsp	Olive oil

Directions

Step 1

Stove

Heat olive oil in a skillet over medium heat. Add garlic and sauté until fragrant.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add tomatoes, oregano, red pepper flakes, and salt to the skillet. Simmer for 10 minutes, until the sauce thickens.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Stove

Create small wells in the sauce and crack the eggs into them. Cover the skillet and cook for 5-7 minutes, until the eggs are cooked to your desired doneness.

Prep Time: 0 mins

Cook Time: 7 mins

Step 4

Serve the eggs pizzaiola with crusty bread for dipping.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	370 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Italian

Course

Breads

Snacks

Cultural

Chinese New Year

Halloween

Demographics

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Meal Type

Brunch

Snack

Lunch

Difficulty Level

Medium

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