

## Mediterranean Breakfast Shakshuka



Mediterranean breakfast with chickpeas and eggs

Rating: Not Rated Yet

**Price**

8,90 €

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Manufacturer [Tactical Foodpack®](#)

### Description

A delicious Mediterranean breakfast with chickpeas and eggs.  
It is full of energy but without any meat.  
Enjoy as breakfast or main meal.

### Ingredients:

Rice, chickpeas, liquid egg wash (eggs, milk), tomato, bell pepper, feta cheese, onion, spices, sugar, salt. May contain traces of celery and mustard.

**Package contents:** 100g

Energie pro Portion	1830 kJ / 436 kcal
Energie pro 100g	1830 kJ / 436 kcal
Fat per serving	16.5 g
Fat per 100g	16.5 g
Saturated fat per serving	3.8 g
Saturated fat per 100g	3.8 g
Carbohydrates per serving	52.4 g

## Breakfast: Mediterranean Breakfast Shakshuka

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Carbohydrates per 100g	52.4 g
Carbohydrates sugar per serving	9.3 g
Carbohydrates sugar per 100g	9.3 g
Fibre per serving	7.2 g
Fibre per 100g	7.2 g
Protein per serving	16 g
Protein per 100g	16 g
Salt per serving	3,8 g
Salt per 100g	3,8 g