



Bitter Gourd Stir-Fry with 3 Kinds Of Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 1 medium bitter gourd – seeds and spongy stuff removed white thinly sliced
- ☐ 1 eggs salted cut into small bite-sized pieces
- ☐ 2 eggs
- ☐ 4 cloves garlic – chopped/pressed finely
- ☐ 2 Tbs oil
- ☐ 1 dash pepper powder white
- ☐ 2 servings salt to taste

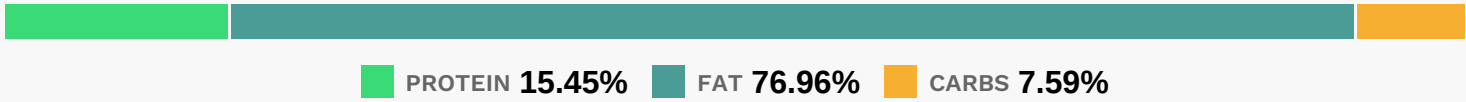
Equipment

whisk

Directions

Whisk together all the eggs and a bit of white pepper powder.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:11.879130534504%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 236.46kcal (11.82%), Fat: 20.4g (31.38%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.3g (0.34%), Cholesterol: 245.52mg (81.84%), Sodium: 290.88mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.43%), Vitamin C: 41.04mg (49.74%), Selenium: 21.22µg (30.32%), Vitamin E: 3.15mg (20.99%), Vitamin B2: 0.33mg (19.26%), Folate: 64.73µg (16.18%), Phosphorus: 155.15mg (15.52%), Vitamin A: 575.96IU (11.52%), Vitamin B5: 1.15mg (11.46%), Vitamin B6: 0.21mg (10.35%), Vitamin B12: 0.59µg (9.79%), Vitamin K: 10.28µg (9.79%), Manganese: 0.18mg (9.11%), Vitamin D: 1.32µg (8.8%), Zinc: 1.3mg (8.66%), Iron: 1.53mg (8.5%), Potassium: 253.18mg (7.23%), Fiber: 1.56g (6.24%), Calcium: 58.1mg (5.81%), Magnesium: 17.78mg (4.45%), Copper: 0.09mg (4.3%), Vitamin B1: 0.06mg (3.81%), Vitamin B3: 0.28mg (1.39%)