



 15%
HEALTH SCORE

Boiled Egg Curry

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons canola oil divided
- 0.5 teaspoon chili powder red
- 4 hardboiled eggs
- 1 leaves cilantro leaves fresh chopped
- 2 teaspoons ginger fresh grated
- 1 teaspoon garam masala
- 2 garlic clove minced
- 2 to 2 chilies slit green for the faint hearted (or just one)

- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 2 onion roughly chopped
- 2 servings salt to taste
- 3 tomatoes roughly chopped
- 0.5 teaspoon turmeric

Equipment

- food processor
- frying pan

Directions

- Boil 4 eggs in boiling water for about 10 minutes.
- Heat 2 tablespoons canola oil in a deep pan over medium heat.
- Add the chopped onions and fry until golden. Take off the heat.
- Transfer the fried onions from the pan to a food processor. Grind the onions, tomatoes, green chillies into a smooth paste.
- Heat the remaining 2 tablespoons of canola oil in the same pan over medium heat.
- Add the onion paste. Fry for 2–3 minutes. Stir in ginger and garlic and all the dry spices. Fry until the oil begins to separate from the onion tomato mixture.
- Add 2 cups of water bring to a boil on a medium flame.
- Cut the boiled eggs into halves lengthside and add them to the gravy. Simmer for 10 minutes or till the gravy is thickened/ reduced to about 3/4 of the original quantity after you added the water
- Garnish with coriander leaves.
- Serve hot with rice or flatbread.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:4.51, Inflammation Score:-10, Nutrition Score:23.97652173913%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 23.72mg, Quercetin: 23.72mg, Quercetin: 23.72mg, Quercetin: 23.72mg

Nutrients (% of daily need)

Calories: 514.96kcal (25.75%), Fat: 39.95g (61.45%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 18.4g (6.69%), Sugar: 12.28g (13.64%), Cholesterol: 373mg (124.33%), Sodium: 493.72mg (21.47%), Protein: 16.37g (32.74%), Vitamin C: 40.62mg (49.23%), Vitamin E: 7.21mg (48.05%), Selenium: 32.5µg (46.42%), Vitamin A: 2254.04IU (45.08%), Vitamin K: 37.53µg (35.74%), Vitamin B2: 0.6mg (35.15%), Fiber: 7.1g (28.38%), Manganese: 0.55mg (27.73%), Phosphorus: 269.7mg (26.97%), Folate: 93.63µg (23.41%), Vitamin B6: 0.47mg (23.28%), Potassium: 812.44mg (23.21%), Vitamin B12: 1.11µg (18.5%), Iron: 3.28mg (18.2%), Vitamin B5: 1.73mg (17.27%), Vitamin D: 2.2µg (14.67%), Magnesium: 55.01mg (13.75%), Vitamin B1: 0.2mg (13.65%), Calcium: 126.01mg (12.6%), Zinc: 1.78mg (11.87%), Copper: 0.22mg (10.79%), Vitamin B3: 1.5mg (7.51%)