

 **15%**
HEALTH SCORE

chettinad egg curry

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cardamom pods green
- 3 to 5 chilies red
- 1 inch cinnamon sticks
- 0.3 cup coconut or grated chopped
- 2 tsp coriander seeds
- 0.5 tsp cumin
- 1 sprig curry leaves
- 4 eggs boiled

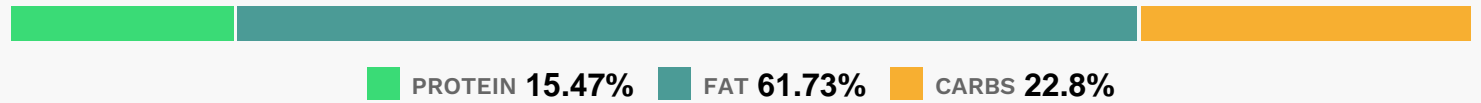
- 9 servings coriander leaves
- 1 tsp ginger garlic paste
- 2 tbsp cooking oil
- 1 large onion
- 0.3 tsp pepper
- 1.5 tbsp poppy seeds
- 4 servings salt as needed
- 0.8 cup tomatoes cubed

Equipment

Directions

- Complete recipe at Swasthi's blog

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:20.689130434783%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg

Taste

Sweetness: 76.21%, Saltiness: 87.65%, Sourness: 38.12%, Bitterness: 11.27%, Savoriness: 52.1%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 208.4kcal (10.42%), Fat: 14.87g (22.88%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 8.69g (3.16%), Sugar: 4.86g (5.4%), Cholesterol: 163.68mg (54.56%), Sodium: 270.19mg

(11.75%), Protein: 8.39g (16.78%), Vitamin C: 78.48mg (95.12%), Manganese: 0.96mg (48.04%), Vitamin K: 43.1µg (41.05%), Vitamin B3: 6.76mg (33.78%), Folate: 108.74µg (27.19%), Selenium: 15.74µg (22.48%), Vitamin A: 947.49IU (18.95%), Iron: 3.16mg (17.56%), Phosphorus: 171.6mg (17.16%), Vitamin B6: 0.34mg (17.08%), Vitamin B2: 0.29mg (17.04%), Fiber: 3.67g (14.68%), Vitamin E: 2.19mg (14.58%), Magnesium: 55.19mg (13.8%), Calcium: 134.76mg (13.48%), Potassium: 462.21mg (13.21%), Copper: 0.24mg (11.98%), Vitamin B1: 0.14mg (9.02%), Zinc: 1.32mg (8.83%), Vitamin B5: 0.84mg (8.42%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)