



Egg curry



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

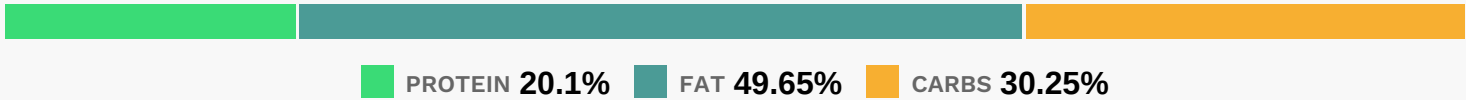
- ☐ 3 eggs
- ☐ 1 onion finely sliced
- ☐ 1 tbsp vegetable oil
- ☐ 2 tbsp miso
- ☐ 175 g green beans trimmed halved
- ☐ 175 g pkt spinach
- ☐ 175 g cherry tomatoes
- ☐ 100 ml lite coconut milk reduced-fat

Equipment

Directions

- ☐ Boil the eggs for 8 mins, then cool under cold running water before peeling off the shells. Fry the onion in the oil for about 5 mins, until softened and lightly coloured, then stir in the curry paste and beans.
- ☐ Add 200ml water, then cover and cook for 5 mins.
- ☐ Add the spinach, tomatoes and coconut milk, then bring to a simmer, stirring until the spinach is just wilted. Spoon onto two plates, then halve the eggs and sit them on top.
- ☐ Serve with toasted naan or pittas.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:5.33, Inflammation Score:-10, Nutrition Score:34.100434717925%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 17.64mg, Quercetin: 17.64mg, Quercetin: 17.64mg, Quercetin: 17.64mg

Nutrients (% of daily need)

Calories: 308.37kcal (15.42%), Fat: 17.6g (27.07%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 17.37g (6.32%), Sugar: 9.03g (10.03%), Cholesterol: 245.52mg (81.84%), Sodium: 849.24mg (36.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.06%), Vitamin K: 480.6µg (457.72%), Vitamin A: 9608.79IU (192.18%), Vitamin C: 59.28mg (71.86%), Manganese: 1.3mg (65.06%), Folate: 254.7µg (63.67%), Vitamin B2: 0.63mg (37.16%), Selenium: 23.56µg (33.66%), Iron: 5.56mg (30.9%), Potassium: 1070.71mg (30.59%), Magnesium: 120.46mg (30.11%), Vitamin B6: 0.58mg (28.76%), Phosphorus: 274.29mg (27.43%), Fiber: 6.75g (27.01%), Vitamin E: 3.89mg (25.91%), Copper: 0.38mg (19.01%), Calcium: 187.93mg (18.79%), Vitamin B1: 0.24mg (15.99%), Vitamin B5: 1.5mg (15.03%), Zinc: 2.18mg (14.51%), Vitamin B3: 2.01mg (10.04%), Vitamin B12: 0.6µg (10.02%), Vitamin D: 1.32µg (8.8%)