



Nepalese Scrambled Eggs



Vegetarian



Gluten Free

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READY IN

ready

25 min.

SERVINGS

servings

3

CALORIES

calories

318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



2 tablespoons butter



1 tablespoon curry paste



6 eggs lightly beaten



3 tablespoons cilantro leaves fresh chopped



2 tablespoons ghee (clarified butter)



1 pinch ground pepper



0.5 teaspoon ground coriander



0.5 teaspoon ground cumin

☐ 2 small onions red thinly sliced

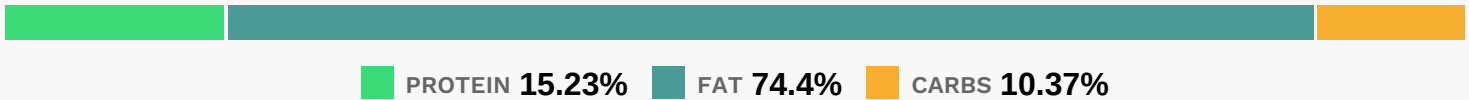
Equipment

☐ frying pan

Directions

- ☐ Heat ghee in a skillet over medium heat. Fry the onions, coriander, cumin, and cayenne pepper until the onions are soft. Stir in the curry paste and set aside.
- ☐ In a separate skillet, melt the butter over medium-low heat.
- ☐ Pour in the eggs; cook and stir until eggs are set.
- ☐ Mix in the onion mixture and serve garnished with fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:1.53, Inflammation Score:-8, Nutrition Score:11.460869579212%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.1mg, Quercetin: 15.1mg, Quercetin: 15.1mg, Quercetin: 15.1mg

Nutrients (% of daily need)

Calories: 317.88kcal (15.89%), Fat: 26.47g (40.72%), Saturated Fat: 13.94g (87.11%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 6.67g (2.43%), Sugar: 3.81g (4.23%), Cholesterol: 373.03mg (124.34%), Sodium: 189.07mg (8.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.38%), Selenium: 27.59µg (39.41%), Vitamin A: 1542.5IU (30.85%), Vitamin B2: 0.43mg (25.18%), Phosphorus: 201.06mg (20.11%), Vitamin B5: 1.45mg (14.52%), Folate: 55.89µg (13.97%), Vitamin B12: 0.8µg (13.32%), Vitamin B6: 0.24mg (12.04%), Vitamin D: 1.76µg (11.73%), Iron: 2.11mg (11.73%), Zinc: 1.3mg (8.69%), Calcium: 81.17mg (8.12%), Vitamin E: 1.19mg (7.91%), Vitamin C: 6.08mg (7.36%), Potassium: 243.69mg (6.96%), Manganese: 0.14mg (6.95%), Fiber: 1.63g (6.51%), Magnesium: 20.55mg (5.14%), Copper: 0.1mg (4.96%), Vitamin B1: 0.07mg (4.84%), Vitamin K: 2.5µg (2.38%)