



Son-in-law eggs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 10 eggs
- ☐ 140 g g muscovado sugar light
- ☐ 100 ml fish sauce
- ☐ 1 tbsp tamarind paste
- ☐ 6 servings vegetable oil for frying
- ☐ 4 shallots thinly sliced
- ☐ 4 garlic clove thinly sliced
- ☐ 6 pepper flakes red thinly sliced

☐ 1 large bunch cilantro leaves chopped

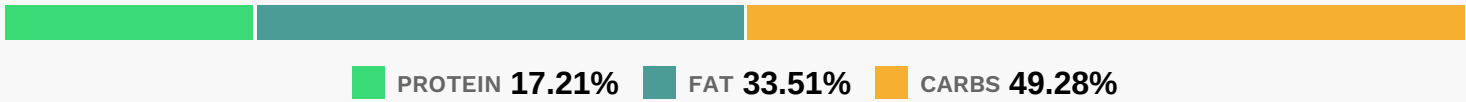
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Put the eggs into a pan of cold water and bring to the boil. Time 8 mins from boiling. Cool under running water, then peel. Meanwhile, combine the sugar, fish sauce and tamarind in a pan.
- ☐ Heat gently until the sugar has dissolved, skimming the top if you need to. Check the taste, it should be sweet and sour. Adjust with sugar, fish sauce or tamarind if you need to.
- ☐ Meanwhile, heat a 5cm depth of oil in a wok or large frying pan. Once shimmering, add the shallots, garlic and chillies. Fry for 1 min or until golden and crisp.
- ☐ Drain on kitchen paper. Can be done a few hrs ahead. Fry the eggs for 3–4 mins or until the outsides take on tinges of golden brown.
- ☐ Remove from oil and drain.
- ☐ To serve, quarter the eggs and place in a serving dish. In a separate bowl, combine the coriander with the crisp chilli, garlic and shallots.
- ☐ Mix well.
- ☐ Pour the sauce and coriander mix over the eggs and serve.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:16.113913100699%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg,

Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 263.67kcal (13.18%), Fat: 10.02g (15.42%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 33.15g (11.05%), Net Carbohydrates: 31.73g (11.54%), Sugar: 28.26g (31.4%), Cholesterol: 272.8mg (90.93%), Sodium: 1401.38mg (60.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.17%), Vitamin C: 67.16mg (81.4%), Selenium: 25.04µg (35.77%), Vitamin B6: 0.51mg (25.64%), Vitamin B2: 0.39mg (23.23%), Vitamin A: 917.98IU (18.36%), Phosphorus: 183.34mg (18.33%), Vitamin K: 16.04µg (15.28%), Folate: 60.31µg (15.08%), Magnesium: 56.65mg (14.16%), Vitamin B5: 1.34mg (13.36%), Iron: 2.37mg (13.18%), Manganese: 0.25mg (12.27%), Vitamin B12: 0.73µg (12.19%), Potassium: 411.58mg (11.76%), Vitamin D: 1.47µg (9.78%), Vitamin E: 1.35mg (9.03%), Calcium: 86.41mg (8.64%), Zinc: 1.2mg (8.01%), Copper: 0.16mg (7.8%), Vitamin B1: 0.09mg (6%), Fiber: 1.42g (5.69%), Vitamin B3: 1.13mg (5.66%)