



Spicy scrambled eggs with chapatis



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 25 g butter
- ☐ 1 bunch spring onion sliced
- ☐ 1 tsp ground coriander
- ☐ 1 tsp ground cumin
- ☐ 1 pinch turmeric
- ☐ 4 tomatoes diced deseeded
- ☐ 8 medium eggs beaten
- ☐ 2 tbsp greek yogurt greek-style

- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 4 frangelico warmed
- ☐ 4 frangelico warmed

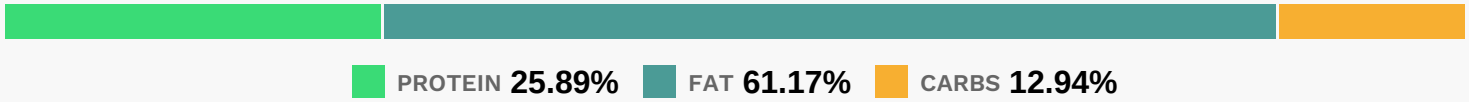
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a pan, then cook onions for 1 min.
- ☐ Add the spices and cook for 30 seconds, stirring.
- ☐ Add the tomatoes, eggs and yogurt, then cook, stirring, for about 4 mins until scrambled. Season to taste.
- ☐ Spoon one quarter of the mixture onto one quarter of a warmed chapati. Fold in half, then in half again to make a triangle. Repeat with the remaining mixture and chapatis.
- ☐ Serve immediately, garnished with a little of the coriander.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:14.651739141215%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 202.62kcal (10.13%), Fat: 13.92g (21.41%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.96g (4.4%), Cholesterol: 341.17mg (113.72%), Sodium: 176.01mg (7.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.51%), Selenium: 28µg (40%), Vitamin A: 1729.2IU (34.58%), Vitamin B2: 0.46mg (26.86%), Phosphorus: 222.13mg (22.21%), Vitamin K: 23.18µg (22.08%), Vitamin C: 18.15mg (21.99%), Folate: 64.48µg (16.12%), Vitamin B5: 1.5mg (14.95%), Vitamin B12: 0.85µg (14.11%), Iron: 2.38mg (13.25%), Potassium: 457.38mg (13.07%), Vitamin B6: 0.26mg (12.97%), Vitamin E: 1.79mg (11.91%), Vitamin D: 1.76µg

(11.73%), Manganese: 0.2mg (10.14%), Zinc: 1.46mg (9.73%), Calcium: 83.68mg (8.37%), Copper: 0.15mg (7.56%),
Fiber: 1.88g (7.52%), Magnesium: 29.63mg (7.41%), Vitamin B1: 0.09mg (6.02%), Vitamin B3: 0.88mg (4.41%)