



Telur Balado (Spicy Chile Sauce with Eggs)



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



174 kcal

SAUCE

Ingredients

- ☐ 4 cloves garlic
- ☐ 6 hardboiled eggs
- ☐ 1.5 tablespoons vegetable oil; peanut oil preferred
- ☐ 6 chile peppers red seeded chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 4 medium shallots
- ☐ 1 teaspoon shrimp paste
- ☐ 2 tomatoes quartered

- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon sugar white
- ☐ 1 teaspoon vinegar white

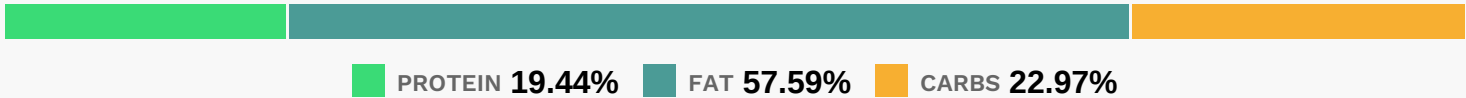
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 cup oil in a small saucepan over medium-high heat. Deep fry the eggs in the hot oil until they are golden brown, 5 to 7 minutes; set aside.
- ☐ Combine the chile peppers, garlic, shallots, tomatoes, and shrimp paste in a food processor; blend into a paste.
- ☐ Add in peanut oil. Process again until smooth.
- ☐ Heat 1 tablespoon oil in a large skillet over medium heat.
- ☐ Pour the chile pepper mixture into the skillet. Stir the vinegar, sugar, salt, and pepper into the mixture.
- ☐ Add the fried eggs to the mixture, turning to coat. Reduce heat to medium-low; simmer until fragrant, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:43.85, Glycemic Load:3.23, Inflammation Score:-7, Nutrition Score:13.633043413577%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 174.22kcal (8.71%), Fat: 11.41g (17.56%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.02g (6.69%), Cholesterol: 196mg (65.33%), Sodium: 293.59mg (12.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin C: 72.24mg (87.56%), Selenium: 16.12µg (23.03%), Vitamin A: 1030.78IU (20.62%), Vitamin B6: 0.4mg (20.16%), Vitamin B2: 0.31mg (18.16%), Vitamin K: 14.05µg (13.38%), Phosphorus: 128.28mg (12.83%), Vitamin E: 1.79mg (11.93%), Manganese: 0.23mg (11.35%), Folate: 44.23µg (11.06%), Potassium: 368.83mg (10.54%), Vitamin B12: 0.56µg (9.25%), Vitamin B5: 0.89mg (8.86%), Iron: 1.47mg (8.15%), Vitamin D: 1.1µg (7.33%), Fiber: 1.74g (6.97%), Vitamin B1: 0.09mg (6.3%), Magnesium: 23.87mg (5.97%), Copper: 0.11mg (5.48%), Zinc: 0.8mg (5.35%), Calcium: 48.7mg (4.87%), Vitamin B3: 0.88mg (4.41%)