



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Egg Curry

Egg curry is a popular dish made with boiled eggs cooked in a flavorful curry sauce. It is often enjoyed as a main course and is commonly consumed in Indian cuisine.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

4 eggs	boiled eggs
1 medium	onion
2 medium	Tomato
1 teaspoon	Ginger
1 teaspoon	garlic
2 piece	green chili

1 teaspoon	turmeric powder
1 teaspoon	red chili powder
1 teaspoon	coriander powder
1 teaspoon	cumin powder
1 teaspoon	garam masala
1 teaspoon	salt
2 tablespoon	oil
1 cup	water
2 tablespoon	fresh cilantro

Directions

Step 1

Sautéing

Heat oil in a pan and add chopped onion, ginger, garlic, and green chili. Saute until onion turns golden brown.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cooking

Add chopped tomatoes and cook until they become soft.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Cooking

Add turmeric powder, red chili powder, coriander powder, cumin powder, and salt. Mix well and cook for a minute.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Boiling

Add water and bring the mixture to a boil. Reduce heat and simmer for 5 minutes.

Prep Time: 1 mins

Cook Time: 5 mins

Step 5

Cooking

Gently add boiled eggs to the curry and cook for another 5 minutes.

Prep Time: 1 mins

Cook Time: 5 mins

Step 6

Sprinkling

Sprinkle garam masala and garnish with fresh cilantro.

Prep Time: 1 mins

Cook Time: 1 mins

Nutrition Facts

Calories: 212 kcal

Fat: 14 g

Protein: 12 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	12 g	70.59%	70.59%
---------	------	--------	--------

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	14 g	50%	56%
Cholesterol	372 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	410 mg	17.83%	17.83%
Calcium	5 mg	0.5%	0.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	22 mcg	40%	40%

Recipe Attributes

Cuisines

Indian Italian

Course

Salads Snacks Sauces & Dressings

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com