

# Akoori (Indian Scrambled Eggs)

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-grain-spaghetti-breakfast-indian-recipe>

## Ingredients:

- 4 tablespoons butter
- 1 yellow onion large, finely chopped
- 1 clove garlic minced
- 1 green chilli large, Serranos work great, finely chopped
- 1 teaspoon ground cumin
- 2 medium tomatoes finely chopped
- 3 tablespoons cilantro finely chopped, plus more to garnish
- 8 large eggs beaten
- salt to taste

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 455 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 10 grams
8. Sodium: 420 milligrams
9. Sugar: 5 grams

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