

Bread Egg masala

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 1 1/2 tablespoons oil
- 1/4 teaspoon cumin seeds
- 1 large onion thinly sliced
- 1/4 teaspoon ginger garlic paste
- 1/2 green chilli finely chopped
- 1 sprig curry leaves
- 3 strips capsicum thinly sliced
- 1/8 cup cabbage grated
- 1/2 carrots grated
- 1 small tomato finely chopped
- salt to taste
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon chilli powder
- 1 teaspoon coriander powder
- 1/2 teaspoon Garam Masala
- 2 large eggs
- pepper to taste
- coriander leaves chopped
- 5 slices wheat bread

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 210 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 16 grams
7. SaturatedFat: 3 grams
8. Sodium: 810 milligrams

9. Sugar: 9 grams

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