

Low Carb Indian Boiled Egg Curry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-boiled-egg-recipe-indian>

Ingredients:

- 3 tablespoons ghee
- 1 small onion Diced
- 2 cloves garlic Roughly Chopped
- 1 chilli pepper Serano, Roughly Chopped
- 1 teaspoon turmeric
- 1 teaspoon Garam Masala
- 1/2 teaspoon ginger Ground
- 1/2 teaspoon cumin Ground
- 1/2 teaspoon coriander
- 1/4 cup tomato puree
- 1/2 teaspoon pepper
- 1 teaspoon salt
- 8 boiled eggs peeled
- 2 cups green beans
- 400 grams coconut cream
- 1 teaspoon almond flakes
- 1 teaspoon cilantro

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 425 milligrams
4. Fat: 55 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 34 grams
8. Sodium: 830 milligrams

9. Sugar: 3 grams

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