

# Pakistani Style Spicy Baked Eggs

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 4 eggs
- 1 tomato flesh scooped out, finely chopped
- 1 green onion green parts finely chopped
- 1 tablespoon white onion minced
- 1 green chili finely diced
- 1 teaspoon fresh oregano finely chopped, optional
- 1/2 teaspoon salt
- pepper
- milk
- 1 teaspoon butter plus more for greasing ramekins
- red chili flakes or Cilantro for garnish, optional

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 215 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 380 milligrams
9. Sugar: 3 grams

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