

Indian Scrambled Eggs

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/sauteed-mushroom-recipe-indian>

Ingredients:

- 1 tablespoon olive oil or butter
- 1 serrano chili seeded and finely chopped
- 1 cup onion 1 medium onion finely chopped
- 2 tablespoons mushrooms finely chopped, about 2 crimini or button mushrooms
- 1 teaspoon ginger grated fine
- 1 cup broccoli florets finely chopped
- 1 cup Roma tomato 1 roma tomato chopped
- 4 large eggs
- 2 tablespoons chopped cilantro for garnish, optional
- spices
- 1 teaspoon salt adjust to taste
- 1 teaspoon turmeric
- 1 teaspoon coriander powder
- 1 teaspoon Kashmiri red chili powder or ? cayenne, adjust to taste
- masala unchecked 1/2 tsp Pav Bhaji, optional but highly recommended

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 210 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Indian Scrambled Eggs above. You can see more 15 sauteed mushroom recipe indian Experience flavor like never before! to get more great cooking

ideas.