

South Indian Spicy Egg Curry

Yield: 4 min
Total Time: 27 min

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

Ingredients:

- 4 hard boiled eggs
- 3 tablespoons oil
- 1 bay leaf
- 1 inch cinnamon stick
- 4 cloves
- 2 onions finely chopped
- 1 1/2 teaspoons ginger garlic paste
- 2 teaspoons turmeric powder
- 3 tablespoons red chili powder
- 1 tablespoon coriander powder
- 1 tablespoon garam masala powder
- 1 cup tomato puree
- 1 cup water
- salt to taste
- coriander leaves for garnish, optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 210 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 570 milligrams
9. Sugar: 6 grams

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