

# South Indian Egg Masala (Muttai Thokku)

Yield: 3 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/egg-masala-recipe-south-indian-style>

## Ingredients:

- 4 eggs
- 3 onion
- 3 tomatoes
- 1 teaspoon garlic paste
- 2 green chilies
- 1/4 teaspoon turmeric powder
- 2 teaspoons red chili powder
- 1 tablespoon coriander powder
- black pepper Powder - 1/2 tsp
- Garam Masala Powder - a pinch
- salt to taste
- 2 tablespoons oil
- 1 teaspoon mustard seeds
- 3 curry leaves
- cilantro handful, finely chopped

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 280 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 3 grams
8. Sodium: 390 milligrams
9. Sugar: 11 grams

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