

Turkish Menemen

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-tomato-egg-recipe>

Ingredients:

- 1 tomato chopped into cubes
- 1 green chilli deseeded and sliced
- salt
- pepper
- 1 egg beaten

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 140 milligrams
4. Fat: 3.5 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 570 milligrams
9. Sugar: 4 grams

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