

Recipe Name: Boiled Eggs
Diet Type: Eggetarian
Course:
Cuisine: Indian
Quantity: 2 eggs



Description

Boil raw eggs in water for 15 mins. Then dip the cooked eggs in cold water and peel the shell. Eggs are ready to eat.

Simple boiled eggs for breakfast.

Ingredients

Ingredient	Quantity
• Eggs	2
• Salt	to taste

Preparation

- Boiled in water, drink.
- Add some masala and fry the cooked Eggs.
- Optional.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
155	13	1.1	11	0	0.6