

Recipe Name: Boiled Egg With Salt And Pepper Recipe - Finger Food For Babies Above 9 Months

Diet Type:

Course: Snack

Cuisine: Indian

Quantity: 1 boiled egg



Ingredients

Ingredient	Quantity
• 1 Whole Egg	6
• 2 cups Water	
• Salt and Pepper - a pinch	

Preparation

- Turn off the flame.

- Serve these boiled egg pieces to your baby/ toddler who is above 9 months as a healthy evening snack or as a meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
68	6	1	5	0	0