DietCloud – Recipe

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

Description

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