

Eggs: Nutrition, Calories and South Indian Breakfast Recipes

What is in an egg, how to close your protein gap, and 7 easy recipes with steps

An egg gives about **6 g of complete protein for roughly 72 calories**, plus choline, B12, vitamin D and selenium. South Indian breakfasts like idli, dosa and upma are rich in carbs but low in protein, so eggs are an easy way to complete your protein intake. This guide covers egg nutrition and calories, how cooking changes them, how much protein different breakfasts need, and seven recipes with ingredients and step-by-step instructions.

1. Nutrition in One Large Egg

Approximate values

Why this matters: One large egg is small but dense in nutrition. These are approximate averages for a large egg of about 50 g, and Indian eggs are often slightly smaller.

NUTRIENT	AMOUNT	WHY IT MATTERS
Calories	about 70 to 75 kcal	Low calories for the nutrition packed in.
Protein	about 6 g	A complete protein with all essential amino acids, and well absorbed.
Fat	about 5 g (about 1.5 g saturated)	Mostly unsaturated fats, which carry fat-soluble vitamins.
Carbohydrate	less than 1 g	Fits easily into low-carb and balanced diets.
Choline	about 150 mg	Supports the brain, memory and liver. Many people don't get enough.
Vitamin B12	about 0.5 mcg	Needed for nerves and red blood cells.
Vitamin D	about 1 mcg (about 40 IU)	One of the few natural food sources of vitamin D.
Selenium	about 15 mcg	Antioxidant mineral that supports the thyroid and immunity.
Riboflavin (B2) and folate	about 0.2 mg and 25 mcg	Support energy production and cell growth.
Vitamin A	about 80 mcg RAE	Supports eyes, skin and immunity.
Iron and zinc	about 0.9 mg and 0.6 mg	Small but easily absorbed amounts.
Lutein and zeaxanthin	about 0.2 mg	Eye-protective plant pigments found in the yolk.

2. Whole Egg, White and Yolk

Calories and macros compared

Why this matters: The yolk and white offer different things. Most people do well eating the whole egg.

PART	CALORIES	PROTEIN	FAT	NOTES
Whole egg (large, about 50 g)	about 72 kcal	about 6.3 g	about 4.8 g	The complete package of nutrients.
Egg white only	about 17 kcal	about 3.6 g	0 g	Pure, low-calorie protein, but misses the vitamins and choline in the yolk.

PART	CALORIES	PROTEIN	FAT	NOTES
Egg yolk only	about 55 kcal	about 2.7 g	about 4.5 g	Holds most vitamins, choline, minerals and healthy fats.
100 g of egg (about 2 eggs)	about 143 kcal	about 12.6 g	about 9.5 g	A useful reference. Indian eggs are often a bit smaller, so expect slightly less.

3. How Cooking Changes the Calories

Method matters

Why this matters: The egg itself is light. What you cook it in changes the calories most.

PREPARATION	APPROX. CALORIES	NOTE
Boiled or poached (1 egg)	about 75 kcal	No added fat. The leanest option.
Fried egg (1 tsp oil)	about 115 kcal	Oil adds about 40 kcal per teaspoon.
Masala omelette (2 eggs, 1 tsp oil, onion and tomato)	about 200 kcal	Vegetables add flavour and fibre.
Egg bhurji or mutte palya (2 eggs, 1 tsp oil, onion and tomato)	about 200 kcal	Easy to bulk up with vegetables.
Egg curry or roast (2 eggs per person, oil and masala)	about 230 to 280 kcal	Depends on the oil and coconut used.
Raw egg in a drink	about 72 kcal	Not recommended, as raw eggs can carry salmonella.

4. Closing the Protein Gap at Breakfast

South Indian favourites plus eggs

Why this works: Many South Indian breakfasts are mostly carbs. Adding eggs fills the protein gap without changing the meal much.

BREAKFAST	BASE PROTEIN	ADD EGGS	TOTAL PROTEIN
2 idlis with sambar	about 8 g	Add 2 boiled eggs (about 12 g)	about 20 g
1 plain dosa with chutney	about 3 g	Egg dosa plus 1 boiled egg (about 12 g)	about 15 g
Ven pongal (1 cup)	about 6 g	Add 2 eggs as bhurji or boiled (about 12 g)	about 18 g
Upma (1 cup)	about 5 g	Egg upma with 2 eggs (about 12 g)	about 17 g
Ragi dosa or roti	about 4 g	Add a masala omelette with 2 eggs (about 12 g)	about 16 g
Appam or idiyappam	about 3 to 4 g	Egg roast with 2 eggs (about 12 g)	about 16 g

5. How Eggs Fit Into a 100 g Day

Put it in context

Why this matters: Eggs contribute a good chunk of a 100 g protein goal but shouldn't be the only source.

EGGS	PROTEIN	NOTE
2 eggs at breakfast	about 12 g	About one eighth of 100 g.
3 eggs	about 19 g	A solid breakfast alongside idli or dosa.
4 eggs a day (spread across meals)	about 25 g	Roughly a quarter of 100 g. Add dal, curd, paneer, chicken, fish or sprouts for the rest.

6. Cholesterol, Safety and Storage

Eat eggs wisely

Why this matters: A few safety points, and what the research says about cholesterol.

TOPIC	WHAT TO KNOW	KEEP IN MIND
How many eggs a day?	For most healthy adults, 1 to 2 eggs a day appears fine in studies, and dietary cholesterol affects blood cholesterol less than saturated fat does. Guidelines vary, so use judgement.	People with high LDL cholesterol, diabetes or heart disease should check with their doctor.
Cook them through	Cook until the white and yolk are firm. Raw or runny eggs can carry salmonella.	Extra important for pregnancy, children, older adults and people with weak immunity.
Buy and store well	Choose clean, uncracked eggs and refrigerate them. Don't wash before storing.	Check by placing an egg in water: a fresh one sinks.
Boil in batches	Hard-boiled eggs keep in the fridge for up to about a week. Store them unpeeled.	Great for quick protein on busy mornings.
Egg allergy	One of the more common food allergies, especially in children.	Avoid if allergic and seek medical advice.
Watch the extras	The oil, butter or coconut cooked with eggs adds more calories than the eggs themselves.	Measure oil by the teaspoon.

Egg Recipes for Breakfast

Each recipe lists ingredients and steps. Protein and calorie values are approximate and depend on egg size, oil and portion.

Mutte Dosa (Egg Dosa)

Serves 1 | 10 min | about 9 g protein | about 220 kcal

INGREDIENTS	STEPS
• 1/2 cup (1 ladle) dosa batter • 1 egg • 1 tbsp finely chopped onion • 1 tbsp chopped coriander • 1/4 tsp crushed pepper • Salt, a pinch • 1/2 tsp oil or ghee	1. Heat a tawa on medium heat and spread the batter in a thin circle. 2. Drizzle the oil around the edges. 3. Beat the egg with a pinch of salt and the pepper. 4. While the dosa top is still wet, pour the egg over it and spread evenly with the back of a spoon. 5. Sprinkle the onion and coriander on top. 6. Cook for 1 to 2 minutes until the egg sets and the base turns golden. 7. Fold and serve hot with chutney or sambar.

Tip: Use a thin batter layer so the egg and dosa cook together. For extra protein, serve with a bowl of sambar or curd.

Mutte Palya (Kannada-Style Egg Bhurji)

Serves 1 | 12 min | about 12 g protein | about 200 kcal

INGREDIENTS	STEPS
• 2 eggs • 1 tsp oil • 1/2 tsp mustard seeds • 1 sprig curry leaves • 1 small onion, chopped • 1 green chilli, chopped • 1 small tomato, chopped • 1/4 tsp turmeric • Salt to taste • Coriander to garnish	1. Beat the eggs with a pinch of salt. 2. Heat the oil, add the mustard seeds and let them splutter. 3. Add curry leaves and green chilli, then the onion. Saute 3 minutes until soft. 4. Add turmeric and tomato, and cook 2 to 3 minutes until soft. 5. Lower the heat and pour in the eggs. 6. Stir gently for about 2 minutes until just set and soft. 7. Garnish with coriander. Serve with idli, dosa, chapati or ragi roti.

Tip: Take it off the heat while the eggs are still slightly moist, as they keep cooking in the pan. With 2 idlis, this breakfast gives about 16 to 17 g of protein.

Muttai Milagu Fry (Pepper Egg Fry)

Serves 1 | 15 min | about 12 g protein | about 190 kcal

INGREDIENTS	STEPS
• 2 hard-boiled eggs • 1 tsp oil • 1/2 tsp mustard seeds • 1 sprig curry leaves • 1 small onion, sliced • 1/2 tsp crushed black pepper • 1/4 tsp turmeric • 1/4 tsp chilli powder • Salt to taste	1. Boil the eggs for 9 to 10 minutes, cool in cold water and peel. 2. Make 2 or 3 small slits in each egg so the masala sticks. 3. Heat the oil and splutter the mustard seeds. Add curry leaves. 4. Add the onion and cook until golden, about 4 minutes. 5. Add turmeric, pepper, chilli powder and salt, and stir for 30 seconds. 6. Add the eggs and toss gently for 2 to 3 minutes until coated and lightly crisp. 7. Serve with idli, dosa or as a side to a quick breakfast.

Tip: Make a batch of boiled eggs ahead and this dish takes under 10 minutes on a busy morning.

Egg Upma

Serves 2 | 20 min | about 12 g protein per serving | about 300 kcal

INGREDIENTS	STEPS
• 1/2 cup semolina (rava) • 3 eggs • 1 tsp oil • 1/2 tsp mustard seeds • 1 tsp urad dal • 1 sprig curry leaves • 1 onion, chopped • 1 green chilli • 1/4 cup chopped carrot and beans • 1 to 1.5 cups hot water • Salt to taste	1. Dry roast the rava for 3 to 4 minutes until fragrant. Set aside. 2. Heat the oil, then add mustard seeds, urad dal and curry leaves. 3. Add onion, chilli and vegetables and saute 3 minutes. 4. Push the vegetables aside, pour the beaten eggs into the pan and scramble until just set, about 2 minutes. Mix with the vegetables. 5. Add the hot water and salt, and bring to a boil. 6. Lower the heat and add the rava slowly while stirring to avoid lumps. 7. Cover for 2 to 3 minutes, then fluff with a fork.

Tip: Use about 2.5 parts water to 1 part rava for a soft upma, a little less for a drier one.

Egg Kuzhi Paniyaram

Makes 10 to 12 | 25 min | about 9 g protein per serving of 5 | about 220 kcal

INGREDIENTS	STEPS
• 1 cup idli or dosa batter • 2 eggs • 1 small onion, finely chopped • 1 green chilli, chopped • 1 tbsp coriander • 1 sprig curry leaves, chopped • 1/4 tsp crushed pepper • Oil for greasing	1. Mix the onion, chilli, coriander and curry leaves into the batter. 2. Beat the eggs with the pepper and fold gently into the batter. Add salt only if needed. 3. Heat the paniyaram pan and brush each hollow with a little oil. 4. Pour the batter until each hollow is about three quarters full. 5. Cover and cook on low for 3 to 4 minutes until the bottoms are golden. 6. Flip with a skewer and cook 2 to 3 minutes more until cooked through. 7. Serve hot with coconut or tomato chutney.

Tip: Test one piece by inserting a skewer. It should come out clean. Good for kids and for packing in tiffin boxes.

Masala Omelette

Serves 1 | 8 min | about 12 g protein | about 200 kcal

INGREDIENTS	STEPS
• 2 eggs • 2 tbsp chopped onion • 1 tbsp chopped tomato • 1 green chilli, chopped • 1 tbsp chopped coriander • 1/4 tsp crushed pepper • Pinch of turmeric • Salt to taste • 1 tsp oil	1. Beat the eggs with salt, pepper and turmeric until frothy. 2. Stir in the onion, tomato, chilli and coriander. 3. Heat the oil on a non-stick tawa over medium heat. 4. Pour in the egg mixture and spread evenly. 5. Cook covered on low for about 2 minutes until the base sets. 6. Flip or fold and cook another minute. 7. Serve with toast, dosa, idli or chapati.

Tip: Add a handful of chopped spinach or grated carrot for extra fibre and vitamins.

Nadan Egg Roast (Kerala Style)

Serves 2 | 25 min | about 12 g protein per serving | about 250 kcal

INGREDIENTS	STEPS
• 4 hard-boiled eggs • 2 tsp oil • 1 large onion, sliced • 1 tomato, chopped • 1 tsp ginger-garlic paste • 1 green chilli • 1 sprig curry leaves • 1/2 tsp turmeric • 1 tsp Kashmiri chilli powder • 1/2 tsp coriander powder • 1/2 tsp garam masala • 2 to 3 tbsp water, salt	1. Boil, peel and slit the eggs. 2. Heat the oil and add curry leaves and onion. Cook for 6 to 7 minutes until deep golden brown. 3. Add ginger-garlic paste and chilli and cook for 1 minute. 4. On low heat add turmeric, chilli and coriander powders and stir for 30 seconds. 5. Add the tomato and salt and cook until soft and the oil separates, about 4 to 5 minutes. 6. Add the water and simmer 2 minutes, then add the eggs and coat well for 2 to 3 minutes. 7. Sprinkle the garam masala and serve with appam, idiyappam, dosa or chapati.

Tip: Browning the onion well is the key to the flavour. It is heavier than the other recipes, so enjoy it with appam or idiyappam and a vegetable side.

Tips for Eating Eggs Every Morning

Make it easy and sustainable

TIP	WHAT TO DO	WHY IT HELPS
Add to what you already eat	Boiled egg with idli, omelette with dosa, bhurji with chapati. No big change needed.	Keeps breakfast familiar.
Pair with fibre	Add onion, tomato, spinach, carrot or capsicum to eggs for vitamins and fibre.	Keeps you full longer.
Balance the plate	Eggs plus a carb such as idli or ragi, plus vegetables or a chutney, makes a complete meal.	Protein, carbs and fibre together.
Prep ahead	Boil 5 to 6 eggs at once, or pre-chop onions and chillies for bhurji.	Cuts morning time to minutes.
Use less oil and vary	1 tsp of oil in a non-stick pan is enough. Rotate boiled, omelette, bhurji and dosa styles.	Saves calories, avoids boredom.

Note: Nutrition values are approximate averages (based on standard food composition data for a large egg) and vary with egg size and recipe. This is general nutrition information, not medical advice. People with high cholesterol, diabetes, heart disease or an egg allergy should check with a doctor or dietitian. Always cook eggs thoroughly.