

Shamrock Eggs with Braised Spinach

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 6.1 g, Fiber: 1.8 g, **Net carbs: 4.3 g,**

Protein: 17.6 g, Fat: 29.3 g, Calories: 360 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (per serving)

- 2 large eggs (free range or organic)
- 2 rings of large green pepper, approx. 2 cm / 1 inch thick (~ 40g / 1.4 oz)
- 1/2 small red onion (30g / 1.1 oz)
- 1 cup fresh baby spinach (30g / 1.1 oz)
- 1/4 cup sliced organic bacon (30g / 1.1 oz)
- 1 tbsp [ghee](#) (or unsalted organic butter)
- salt and pepper to taste

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives). Try to get nitrate-free bacon or slice your own from pork belly.

Instructions

1. Rinse the bell pepper, remove stem and seeds. Slice it into two thick (2 cm / 1 inch) slices just near the center of the pepper (the widest part). Save the rest of the pepper for a salad or with your breakfast.
2. Grease a non-stick pan with half of the ghee or butter and add the pepper rings to the pan. Cook on one side for about 3 minutes. Crack an egg into each of the bell pepper rings. Don't worry if some of the egg white leaks out, you can simply remove it later on with a spatula. Season with salt and ground black pepper and cook until the egg white becomes firm. When done, set aside.
3. In a separate pan, warm the remaining of the ghee or butter and add finely chopped red onion. Cook for a few minutes until slightly brown. Then, add sliced bacon and cook shortly. Add washed and drained baby spinach, season with salt and cook for another minute. *Note: I already had some crispy bacon prepared in my fridge, so I just added that at the end.*
4. Place everything on a serving plate and enjoy!

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