

# Pesto Scrambled Eggs

Hands-on 5 minutes Overall 10 minutes

**Nutritional values (per serving):** Total carbs: 3.3 g, Fiber: 0.7 g, **Net carbs: 2.6 g**,

Protein: 20.4 g, Fat: 41.5 g, Calories: 467 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 1 serving)

3 large eggs, free-range or organic

1 tbsp butter or ghee, grass-fed. You can make your own ghee -  
basil or garlic infused ghee work great! (15g / 0.5 oz)

1 tbsp pesto (you can make your own green pesto or red pesto)  
(15g / 0.5 oz)

2 tbsp crème fraîche or soured cream or creamed coconut milk  
(30g / 1.1 oz)

salt to taste (I like pink Himalayan salt)

freshly ground black pepper to taste

## Instructions

1. Crack the eggs into a mixing bowl with a pinch of salt and pepper and beat them well with a whisk or fork.
2. Pour the eggs into a pan, add butter or ghee and turn the heat on.
3. Keep on low heat while stirring constantly. Do not stop stirring as the eggs may get dry and lose the creamy texture. Add the pesto and mix in well.
4. Take off the heat, spoon crème fraîche in and mix well with the eggs.
5. This will help the eggs cool down and stop cooking while keeping the creamy texture.
6. Place on a serving plate and try with sliced avocado on top or my Ultimate Keto Buns!

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