

Easy Keto Golden Eggs

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving, about 170 g/ 6 oz): Total carbs: 4.3 g, Fiber: 0.7 g,

Net carbs: 3.6 g, Protein: 19.9 g, Fat: 41.6 g, Calories: 470 kcal,

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



Ingredients (makes 2 servings)

1/4 cup [extra virgin olive oil](#) or [ghee](#) (60 ml/ 2 fl oz)

1 packed cup chopped kale (67 g/ 2.4 oz)

6 large eggs

1 tsp [ground turmeric](#)

1/2 tsp ground cumin

salt and black pepper, to taste

Optional: red pepper flakes, to taste

Instructions

1. Crack the eggs into a bowl. Chop the kale and remove the hard stems (weight excludes the stems).
2. Crack the eggs into a bowl, and add the turmeric, cumin, salt and pepper. Whisk with a fork.
3. Heat the olive oil (or ghee) in a sauce pan on a medium heat.
4. Add the chopped kale and stir until well coated. Cover with a lid and cook the kale for about 5 minutes over a medium heat.
5. Pour the eggs to the pan with the kale and cook for about 1 minute, stirring the eggs with a spatula to prevent sticking. Remove from the heat and allow to firm up.
6. Place on a plate and serve immediately. Optionally, sprinkle with pepper flakes.

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