

Easy Low-Carb Snuggled Eggs

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per serving): Total carbs: 4.5 g, Fiber: 1.6 g, **Net carbs: 2.9 g**, Protein: 9 g,

Fat: 15 g, Calories: 176 kcal,

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



Ingredients (makes 4 servings)

- 2 cups cauliflower florets (215 g/ 7.6 oz)
- 2 small parsley roots *or* more cauliflower (100 g/ 3.5 oz)
- 4 tbsp full-fat cream cheese (60 g/ 2.1 oz)
- 2 tbsp butter *or* [ghee](#) (28 g/ 1 oz)
- 4 large eggs
- 1 tbsp finely chopped chives
- salt and pepper, to taste

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Instructions

1. Peel the parsley root and cut into thin slices.
2. Heat a pot of water until it boils and place cauliflower and parsley root in to simmer until tender, approx. 15 minutes.
3. Drain well and then place in a food processor bowl, along with the cream cheese, butter, salt and pepper.
4. Blitz very well until a smooth puree is formed. Stop and scrape down the sides a couple of times, tasting to check for seasoning as well as texture.
5. When done, spoon it into your jars, (I used 120 ml/ 4 fl oz ball mason jars) until they are about 1/3 full. You will have some mash leftover, save it for the next day or eat it with a spoon while you work. Smooth the top of the mash.
6. Put a large pot, fitted with a steamer basket on to boil and once it reaches boiling point, reduce to a high simmer. Crack an egg on top of each bed of mash.
7. Gently place the jars in the steamer. Cover and steam for 10-15 minutes until the egg is just set.
8. Serve with cracked pepper and chives on top. How long will these last? Unless you want your egg to be overcooked and hard, these aren't really suitable for storing and re-heating. Gentle reheating in a water bath may be your best option if you need to store them.

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