

# Keto Superfood All Day Breakfast Skillet

Hands-on 20 minutes Overall 20 minutes

**Nutritional values (per serving):** Total carbs: 18.7 g, Fiber: 10.9 g, **Net carbs: 7.8 g,**

Protein: 39.9 g, Fat: 60.6 g, Calories: 760 kcal,

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



## Ingredients (2 servings)

- 2 tbsp [ghee](#) (30 g/ 1.1 oz) - *I used my [Golden Ghee](#)*
- 250 g asparagus (8.8 oz)
- 1 pack spinach (200 g/ 7.1 oz)
- sea salt and black pepper, to taste
- 4 gluten-free sausages (240 g/ 8.5 oz)
- 4 large eggs
- 1 cup [Pink Sauerkraut](#) or [White Sauerkraut](#) (142 g/ 5 oz)
- 1/2 large avocado, sliced (100 g/ 3.5 oz)
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- 1 tbsp chopped parsley

## Instructions

1. Chop the asparagus, or keep whole spears if you like(. I used green and purple asparagus ends that I had left after making fermented asparagus.)
2. Place the asparagus in a hot skillet greased with half of the ghee. Season with a pinch of salt and pepper. Cook over a medium heat for about 5 minutes.
3. Add the fresh spinach and cook for another 30-60 seconds or until wilted.
4. Take off the heat. Transfer the content of the skillet to a plate.
5. Grease the same skillet with the remaining ghee. Add the sausages and cook until browned on all sides and cooked through. Remove from the skillet and set aside.
6. Finally, fry the eggs over a medium-high heat, until the egg whites are set and opaque and the egg yolks are still runny. Take off the heat.
7. Move the fried eggs on the side. Add the cooked asparagus, spinach and sausages. Add the sauerkraut and top with sliced avocado.
8. Drizzle with olive oil. Garnish with fresh parsley and season with

salt and pepper to taste. Eat immediately or refrigerate for up to a day.

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