

Low-Carb Turkish Eggs

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 10.3 g, Fiber: 3.4 g, **Net carbs: 6.9 g,**

Protein: 12.1 g, Fat: 28.2 g, Calories: 333 kcal,

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



Ingredients (makes 4 servings)

Yogurt topping:

1/2 cup + 1 tbsp full-fat yogurt (140 g/ 5 oz)

1 tsp each lemon zest and lemon juice

1 garlic clove, minced

1 tbsp chopped cilantro

sea salt, to taste

1 tsp [extra virgin olive oil](#)

Eggs:

2 tbsp butter *or* [ghee](#) (28 g/ 1 oz)

1 medium red onion, sliced (100 g/ 3.5 oz)

200 g finely chopped kale (7 oz)

1 tbsp butter *or* [ghee](#) (14 g/ 0.5 oz)

4 large eggs

Spicy butter sauce:

2 tbsp butter *or* [ghee](#) (28 g/ 1 oz)

1/2 tsp paprika

1 tsp chili *or* tomato flakes

Topping:

1/2 medium avocado, sliced (75 g/ 2.5 oz)

1/4 tsp black pepper

chili flakes and sea salt, to taste

2 tbsp [pine nuts](#) (17 g/ 0.6 oz)

1 tsp [Sriracha](#) sauce (*you can make your own*)

- Heat 1 oz butter in a cast iron pan. Fry the onions on a low-medium heat for 2 minutes until soft.
- Add the kale and cook for a further 2 minutes. Stir to combine.
- Make 4 wells in the mixture. Add a small knob of butter (total of about 1/2 oz) to each hole to prevent sticking.
- Crack open the eggs, one into each well. Allow to cook for 6 – 8 minutes until the egg whites are set and the yolks soft, or to your liking. Remove from the heat.
- In a separate saucepan, melt the remaining 1 oz butter and add the paprika, chilli or tomato flakes and a pinch of salt. Simmer for 30 seconds until bubbling. Remove from the heat.
- Top the eggs with sliced avocado and yogurt.
- Drizzle with spiced butter and sprinkle with pine nuts. Season with extra salt, pepper and chili flakes.
- Drizzle with Sriracha sauce and serve immediately!

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Instructions

- Mix all the yogurt ingredients together in a small bowl and set aside: yogurt, lemon juice and zest, garlic, cilantro, salt and olive oil.