

# Low-Carb Pesto Egg Muffins

Hands-on 5 minutes Overall 30 minutes

**Nutritional values (per muffin):** Total carbs: 1.9 g, Fiber: 0.7 g, **Net carbs: 1.2 g,**

Protein: 6.9 g, Fat: 10.2 g, Calories: 125 kcal,

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



## Ingredients (makes 10 egg muffins)

2/3 cup frozen spinach, thawed and excess water removed (100 g/  
3.5 oz)

3 tbsp pesto (45 g/ 1.6 oz) - [you can make your own](#)

1/2 cup kalamata or other olives, pitted (50 g/ 1.8 oz)

1/4 cup sun-dried tomatoes, chopped (28 g/ 1 oz)

125 g soft goat cheese *or* other soft type of cheese such as feta  
(4.4 oz)

6 large eggs, free-range or organic

salt and pepper to taste (I like [Pink Himalayan salt](#))

*Note: You can also use fresh spinach and blanch it in boiling water for just a minute. Then, transfer to cold or icy water to cool down and stop cooking. Finally, squeeze out the excess water before using. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Preheat the oven to 175 °C/ 350 °F. Squeeze out the excess water from the spinach, deseed and slice the olives and chop the sun-dried tomatoes. Crack the eggs into a bowl, ...
2. ... add the pesto and season with salt and pepper to taste. Mix until well combined.
3. Divide the spinach, crumbled goat cheese, sun-dried tomatoes and olives evenly into the muffin pan (I used a [silicon muffin pan](#)). Pour in the egg & pesto mixture and transfer into the oven. Bake for 20-25 minutes or until browned on top and cooked inside.
4. When done, remove from the oven and set aside to cool down. Store in the fridge for up to 5 days. Enjoy!

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