Fried eggs



Fried eggs can be cooked in diverse ways! In this version, the eggs have a glossy runny yolk surrounded with white crisp-laced edges.

Ingredients for 2 serving (US/Metric)

- 5 pieces **Eggs**
- 2.5 tbsp Butter
- Salt & pepper to taste

Nutrition (US/Metric)

Protein: 18% Fat: 80%

• Net carbs: 2%

Instructions

- 1. In a frying pan, add butter (or coconut oil), and heat at medium.
- 2. Crack the egg in the pan. To avoid oil splatter, you may crack in a cup and then release it gently into the hot pan.
- 3. If you want your eggs sunny-side-up then after pouring the egg, cover the pan and cook without flipping.
- 4. If you like your eggs cooked over easy then once the first side is cooked, flip and cook the other side for 60 seconds.
- 5. Season your preferred style of eggs with salt & pepper!