

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!