

Parmesan Eggs



Parmesan Eggs tops the list of favorite quick snacks amongst innumerable folks following keto-diet.

Ingredients for 2 serving (US/Metric)

- 5 *pieces* **Eggs**
- 3 *tbsp* **Parmesan cheese**

Nutrition (US/Metric)

- **Protein:** 34%
- **Fat:** 63%
- **Net carbs:** 3%

Instructions

1. Set the oven for preheating at 450°F (230°C).
2. Crack the egg carefully dividing the egg white & yolk into 2 different bowls. Beat the egg white till firm peaks are visible.
3. Add the grated parmesan cheese in the beaten egg white. Transfer to a baking dish.
4. Make a small hollow spot in the middle of the cheesy egg white. Bake for 5 minutes.
5. Take the tray out of the oven, put the egg yolk in the hollow middle spot, & season with salt.
6. Finish off by baking for 4-6 more minutes.