GLOBAL · BREAKFAST

Butter Garlic Eggs in a Peppery Garlic Sauce

15 min · Serves 4 · 299 kcal a serve · Video 4:45 · Spice Eats

Vegetarian · Gluten-free ingredients · Nut-free

Two eggs a serve folded through a garlic butter sauce: about 5 g net carbs and 15 g protein, and rich in selenium, vitamin B12 and vitamin A.

Diet notes: Keto (5.3 g net carbs a serve).

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Ingredients 14 · SERVES 4

- [ ] 8 **eggs**
- [ ] ¼ tsp **salt**, for the eggs
- [ ] ¼ tsp **pepper**, for the eggs
- [ ] ¼ tsp **red chilli flakes**, for the eggs
- [ ] 2 tsp **oil** (divided)
- [ ] 5 tbsp (50 g) **butter** (divided)
- [ ] 7–8 small **garlic** cloves, finely chopped (about 2 tsp)
- [ ] ½ tsp **pepper powder**, for the sauce
- [ ] 1 tsp **chilli flakes**, for the sauce
- [ ] ¾ tsp **Italian seasoning**
- [ ] 1½ tsp **corn flour** (cornstarch)
- [ ] 180 ml (¾ US cup) **milk**
- [ ] ½ tsp **salt**, for the sauce
- [ ] 2–3 tbsp **parsley**, finely chopped

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the eggs with ¼ tsp each of salt, pepper and chilli flakes. Chop the garlic and parsley. 0:30
2. Heat 1 tsp oil and 2 tbsp butter in a pan over low heat. Pour in the eggs and leave them for a minute, then fold very slowly into large soft curds (not a fine scramble), 2–3 minutes. Tip onto a plate. 1:01
3. In the same pan heat the remaining 1 tsp oil and 3 tbsp butter, add the garlic and sauté over medium-low heat for 1–2 minutes. 2:24
4. Add the pepper powder, chilli flakes and Italian seasoning, lower the heat, then stir in the corn flour and cook for a minute without letting it go lumpy. 2:47
5. Still on low heat, stir in the milk and ½ tsp salt and cook 1–2 minutes until the sauce thickens, then stir in the parsley. 3:20
6. Return the eggs and fold them gently through the sauce on low heat for 1–2 minutes, until the sauce coats them, without breaking them up. 4:05

> **Tip** Serves 4 as two eggs each (our estimate). Keep the heat low throughout so the eggs stay in soft, large curds and the garlic doesn't burn.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
299 kcal	**15 g**	**5.9 g**	**0.5 g**	**24 g**	**580 mg**
1,250 kJ	29% of a day	5.3 g net · 3.5 g sugars	2% of a day	10 g saturated	25% of a day
		2% of a day		31% of a day	

Energy from net carbs 7% · protein 20% · fat 73% — fits keto: 5.3 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Selenium 59% · Vitamin B12 57% · Vitamin K 39% · Vitamin A 32% · Omega-3 21%

Source of (10–19%) Vitamin D 15% · Zinc 13% · Vitamin E 13% · Folate 13% · Vitamin B6 11%

Recipe and video: Spice Eats (@SpiceEats) on YouTube — youtube.com/watch?v=sVWSa558KGE, published 10 December 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/butter-garlic-eggs-creamy-sauce