SPANISH · BREAKFAST · LUNCH · DINNER

Huevos con Ajos (Spanish Garlic Fried Eggs)

15 min · Serves 2 · 409 kcal a serve · Video 6:14 · Spain on a Fork

Vegetarian · Gluten-free ingredients · Dairy-free · Nut-free

Eggs fried in extra virgin olive oil with plenty of garlic and parsley: a quick, budget-friendly plate with about 13 g of protein a serve, olive oil's monounsaturated fat and almost no carbohydrate.

Diet notes: Keto (4.1 g net carbs a serve).

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Ingredients 8 · SERVES 2

- [ ] 2 **garlic** cloves, roughly chopped, for the sauce
- [ ] 2 tbsp (8 g) chopped **parsley**
- [ ] a pinch of **sea salt**, plus a little to season the eggs
- [ ] 2 tbsp (30 ml) **olive oil** (extra virgin), for the sauce
- [ ] 60 ml **olive oil** (extra virgin), for frying (about 2 tbsp is absorbed)
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] 4 **eggs**
- [ ] **freshly cracked black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Pound 2 chopped garlic cloves with a pinch of salt and the parsley in a mortar (or blitz in a small processor) to a paste, then stir in 2 tbsp olive oil. Set aside. 1:02
2. Heat 60 ml olive oil in a small frying pan over medium heat. Crack the eggs into two small bowls, two in each, so the yolks stay whole. 1:49
3. When the oil is hot but not smoking, add half the sliced garlic and stir for about 30 seconds until just golden, then slide in two eggs and tuck the garlic around them. 2:48
4. Fry 1–2 minutes without moving them until a golden crust forms underneath, then spoon hot oil over the tops for a few seconds to set the whites. Lift out, shaking off the excess oil, and repeat with the rest. 3:29
5. Season with salt and pepper and spoon the parsley-garlic sauce over the top. Serve straight away. 4:17

> **Tip** The cook suggests roasted potatoes and a baguette alongside; for keto, add a green salad or sautéed greens instead. Keep the leftover frying oil for cooking.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
409 kcal	13 g	4.5 g	0.4 g	38 g	520 mg
1,710 kJ	27% of a day	4.1 g net · 1.2 g sugars	1% of a day	7 g saturated	22% of a day
		2% of a day		48% of a day	

Energy from net carbs 4% · protein 13% · fat 83% — fits keto: 4.1 g net carbs, 83% of the energy from fat

High in (20%+ of a day) Vitamin K 69% · Selenium 58% · Vitamin B12 46% · Vitamin E 33%

Source of (10–19%) Vitamin A 18% · Omega-3 17% · Vitamin B6 14% · Folate 13% · Zinc 11% · Vitamin D 11% · Iron 10%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=SE6WkS8ivSE, published 16 January 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/huevos-con-ajos-spanish-garlic-eggs