TURKISH · BREAKFAST · DINNER

Keto Turkish Eggs with Minced Beef (Kıymalı Yumurta)

25 min · Serves 2 · 404 kcal a serve · Video 8:56 · Refika's Kitchen

Gluten-free ingredients · Nut-free

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Beef mince and three eggs give about 25 g protein for 7 g net carbs a serve, with no flour or sugar, and it is rich in vitamin B12, selenium and zinc.

Diet notes: Keto (7 g net carbs a serve).

Ingredients 9 · SERVES 2

- [ ] 150 g **double-ground beef mince** (rib section, with some fat)
- [ ] 1 large **onion** (about 150 g), finely chopped
- [ ] ½ tsp **salt**, plus a pinch for the eggs
- [ ] 2 tbsp **butter** (a lump for the mince, a little more for the eggs)
- [ ] ½ tsp **black pepper**
- [ ] about ½ tsp **freshly grated nutmeg** (⅕ of a whole nutmeg)
- [ ] 3 **eggs**
- [ ] 6 sprigs **parsley**, finely chopped (stems too)
- [ ] a pinch of **red pepper flakes**

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a large pan well and brown the beef mince over high heat, breaking it up with a wooden spatula so it turns fine and soft. 1:34
2. When the mince turns from red to grey and releases its juices, add the onion and a little of the salt, and keep pressing out any lumps. 2:12
3. Lower the heat and cook, stirring often, until the onion softens and almost disappears into the meat, about 5–6 minutes (add a splash of water if bits stick). 2:55
4. At the lowest heat add a lump of the butter and cook about 1½ minutes more, until the mince is deep brown and juicy. 3:54
5. Season with the black pepper and grated nutmeg. 4:19
6. Add the rest of the butter. Crack in the eggs one at a time, slide each yolk aside and stir the white into the mince, keeping the yolks whole on top (or separate them in a bowl first). 4:45
7. Sprinkle the eggs with a pinch of salt, cover for about 1 minute until the whites set, then scatter with parsley and red pepper flakes, stirring through any still-glossy white. 5:40

> **Tip** Serves 2 (our estimate). In Turkey it is eaten with warm bread to dip in the yolks; for low carb, have it with a tomato and cucumber salad. Lamb or chicken mince works too; Refika's mum adds a squeeze of lemon.

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
404 kcal	25 g	8.7 g	1.7 g	30 g	820 mg
1,690 kJ	50% of a day	7 g net · 4.1 g sugars	6% of a day	14 g saturated	36% of a day
		3% of a day		38% of a day	

Energy from net carbs 7% · protein 25% · fat 68% — fits keto: 7 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Vitamin B12 99% · Selenium 64% · Vitamin K 44% · Zinc 42% · Vitamin A 25% · Vitamin B6 23%

Source of (10–19%) Iron 16% · Folate 14% · Vitamin C 11% · Vitamin D 10% · Vitamin E 10%

Recipe and video: Refika's Kitchen (@Refika) on YouTube — youtube.com/watch?v=wBSxeHWZPnc, published 21 March 2026. 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/kiymali-yumurta-turkish-eggs-minced-beef