

## Garlic Eggs

submitted by DeadQueenGwen



Per serving: 197 Calories • 1.4g Carbs (0.1g Fiber) • 14.5g Fat • 14.2g Protein

## Ingredients

*Ingredients scaled to: 2 Eggs*

- 1 tsp **Butter** (4.7 grams)
- 2 extra large **Egg** (112 grams)
- 1 dash **Pepper** (0.10 grams)
- 1 dash **Salt** (0.40 grams)
- 1/4 tsp **Garlic powder** (0.78 grams)

## Directions

*Directions are based on the original recipe of 2 Eggs*

1. Heat a small skillet on med-low heat for about one minute. Once warm, add a small amount of butter to cover the bottom of the pan.
2. Once butter starts to have small bubbles in it crack eggs gently, one at a time, into the skillet.
3. Sprinkle salt and pepper to taste, and a dash of garlic powder over each yolk.
4. Let eggs fry for about 3 minutes on this side, or until the egg whites have turned white and solid.
5. Separate egg whites from each other with a spatula, if necessary, and flip each egg gently. Let fry for an additional 2 minutes, or until the yolks are firm with a bit of give to the touch.
6. Remove from skillet and serve hot.