

Herby Fried Eggs

CAL: 165 PROTEIN: 12 CARBS: 0 FIBRE: 0 FAT: 13



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SERVES:

4



TIME:

10 minutes



INSTRUCTIONS

In a non-stick frypan, heat oil over medium heat, add the herbs and cook for a minute or so. Next, crack eggs on top of the herbs and continue to cook to your liking (you can flip them or have them sunny side up).

Season with salt and pepper, if you desire.

INGREDIENTS

1 tbsp olive oil

4 sprigs dill, roughly chopped

1 1/2 tbsp chives, roughly chopped

8 large eggs

salt & pepper, to taste

MACROS

Calories: 165

Protein: 12

Carbs: 0

Fat: 13

Fibre: 0