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## Low Carb Asiago Baked Eggs ♦

Low Carb Asiago Baked Eggs is a delicious and healthy breakfast option. It is made with eggs, asiago cheese, and various herbs and spices. The dish is baked in the oven until the eggs are set and the cheese is melted and golden brown. It is a great way to start your day with a protein-packed meal that is low in carbohydrates.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

200 g	Eggs
50 g	asiago cheese
0.5 tsp	Salt
0.25 tsp	Black pepper

**0.5 tsp** Dried Oregano

**0.5 tsp** Dried Basil

**0.25  
tsp** Dried Thyme

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Preparation

Grease a baking dish with cooking spray or butter.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

#### Preparation

Crack the eggs into the baking dish.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Preparation

Season the eggs with salt, black pepper, dried oregano, dried basil, and dried thyme.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Preparation

Sprinkle grated asiago cheese over the eggs.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Bake in the preheated oven for 15-20 minutes, or until the eggs are set and the cheese is melted and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 7

Resting

Remove from the oven and let it cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 320 kcal

**Fat:** 26 g

**Protein:** 20 g

**Carbohydrates:** 1 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	14 g	63.64%	82.35%
Fat	26 g	92.86%	104%
Cholesterol	425 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	15 mcg	100%	100%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	390 mg	16.96%	16.96%
Calcium	40 mg	4%	4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Nutritional Content

Low Carb

### Course

Salads

Soups

Sauces & Dressings

### Cultural

Chinese New Year

### Healthy For

Colorectal cancer

Gastroesophageal reflux disease (GERD)

### Cooking Method

Steaming

Simmering

Serving

Cooking

None

Stir-frying

Mashing

Heating

Refrigerating

Preparation

Cooling

Oven

### Meal Type

Breakfast

Brunch

### Difficulty Level

Medium

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