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Basic Eggs

A simple recipe for cooking eggs

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

2 pieces	Eggs
0.5 teaspoon	salt
0.25 teaspoon	pepper
1 tablespoon	butter

Directions

Step 1

Mixing

Crack the eggs into a bowl and whisk them.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Stove

Heat the butter in a non-stick skillet over medium heat.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

Stove

Pour the whisked eggs into the skillet and season with salt and pepper.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Stove

Cook the eggs, stirring occasionally, until they are set but still slightly runny.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Resting

Remove the skillet from heat and let the eggs rest for a minute before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 143 kcal

Fat: 11 g

Protein: 13 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	13 g	76.47%	76.47%

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	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	11 g	39.29%	44%
Cholesterol	372 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	176 mg	7.65%	7.65%
Calcium	5 mg	0.5%	0.5%
Iron	8 mg	100%	44.44%
Potassium	138 mg	4.06%	5.31%
Zinc	8 mg	72.73%	100%
Selenium	44 mcg	80%	80%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Difficulty Level

Easy

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