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Garlic Eggs ^{♦♦}

Garlic eggs is a delicious and flavorful dish that can be enjoyed for breakfast, brunch, or any time of the day. It is made by frying eggs with garlic and seasonings until they are cooked to perfection. The garlic adds a fragrant and savory taste to the eggs, making them incredibly tasty. This recipe is quick and easy to make, and it can be served on its own or with toast, rice, or salad.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
2 cloves	garlic
0.5 teaspoon	salt

0.25 black pepper
teaspoon

1 vegetable oil
tablespoon

Directions

Step 1

Crack the eggs into a bowl and beat them lightly with a fork.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cutting

Mince the garlic cloves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

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

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stove

Add the minced garlic to the skillet and sauté for 1 minute until fragrant.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stove

Pour the beaten eggs into the skillet and season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Stove

Cook the eggs, stirring occasionally, until they are fully cooked and set.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Remove the skillet from heat and transfer the garlic eggs to a serving plate.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 143 kcal

Fat: 10 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)
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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	3 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	372 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	1 mg	1.11%	1.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	312 mg	13.57%	13.57%
Calcium	5 mg	0.5%	0.5%
Iron	7 mg	87.5%	38.89%
Potassium	136 mg	4%	5.23%
Zinc	1 mg	9.09%	12.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Diwali

Halloween

Cost

Under \$10

Demographics

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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