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Folded Egg ♦♦

Folded egg is a classic breakfast dish that is easy to make and delicious to eat. It is made by whisking eggs and cooking them in a pan until they are set. The eggs are then folded over to create a fluffy and flavorful dish. Folded egg can be enjoyed on its own or served with toast, bacon, or other breakfast foods.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Eggs
2 g	salt
2 g	pepper
10 g	butter

Directions

Step 1

Stove

Crack the eggs into a bowl and whisk them until well beaten.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Stove

Heat a non-stick pan over medium heat and melt the butter.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

Stove

Pour the beaten eggs into the pan and let them cook undisturbed for a few seconds.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Using a spatula, gently fold the edges of the eggs towards the center, creating a folded shape.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stove

Continue cooking the folded eggs for another minute or until they are fully set.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serve the folded eggs hot with toast or other breakfast foods.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 143 kcal

Fat: 11 g

Protein: 9 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

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	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	11 g	39.29%	44%
Cholesterol	372 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	12 iu	1.33%	1.71%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	13 mcg	541.67%	541.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	13 mcg	86.67%	86.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	135 mg	5.87%	5.87%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	126 mg	3.71%	4.85%
Zinc	6 mg	54.55%	75%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack

Course

Breads Snacks

Cultural

Chinese New Year Easter

Cost

Under \$10 \$10 to \$20

Demographics

Teen Friendly Pregnancy Safe Lactation Friendly Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Atkins Diet

Difficulty Level

Easy

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