GLOBAL · BREAKFAST

Baked Eggs in Avocado Halves

25 min · Serves 1 · 365 kcal a serve · Video 3:10 · SimpleCookingChannel

Vegetarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Just avocado and eggs: about 15 g protein, 9 g fibre and 4 g net carbs, with mostly monounsaturated fat from the avocado and no added sugar.

Diet notes: Keto (3.7 g net carbs a serve).

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Ingredients 4 · SERVES 1

- [ ] 1 **avocado**, halved and stoned, with a spoonful of flesh scooped out of each half
- [ ] 2 **eggs**, yolks and whites separated
- [ ] a little **black pepper**
- [ ] chopped **chives**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 430°F. Halve the avocado, remove the stone and scoop out a little extra flesh with a teaspoon to make room for the egg. 0:28
2. Sit the halves snugly in a small baking dish, as level as possible. 1:05
3. Separate the eggs. Slide a yolk into each hollow first, then pour the white over the top. 1:24
4. Bake for 15–20 minutes, until the whites are set. Season with black pepper and scatter with chives. 1:36

> **Tip** One avocado and two eggs make a breakfast for one (our estimate; the description's nutrition is for one half). Eat the scooped-out avocado on the side or save it for guacamole. Add a little salt if you like.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
365 kcal	15 g	13 g	8.9 g	30 g	130 mg
1,530 kJ	31% of a day	3.7 g net · 2.1 g sugars	32% of a day	6 g saturated	6% of a day
		5% of a day		38% of a day	

Energy from net carbs 4% · protein 17% · fat 79% — fits keto: 3.7 g net carbs, 79% of the energy from fat

High in (20%+ of a day) Selenium 57% · Vitamin B12 46% · Folate 38% · Vitamin K 29% · Vitamin B6 27% · Vitamin E 25%

Source of (10–19%) Vitamin A 18% · Zinc 17% · Potassium 16% · Vitamin C 16% · Omega-3 13% · Iron 12% · Magnesium 12% · Vitamin D 11%

Recipe and video: SimpleCookingChannel (@SimpleCookingChannel) on YouTube — youtube.com/watch?v=NtxJDxhzb3c, published 16 February 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-baked-eggs-in-avocado