GLOBAL · BREAKFAST

# Broccoli, Turkey and Feta Egg Bites

35 min · Serves 3 · 235 kcal a serve · Video 7:08 · Toasty Apron

Gluten-free ingredients · No nuts listed

Eggs, cottage cheese and turkey give about 22 g protein per serve of two bites for under 5 g net carbs, with broccoli for some greens and no flour or sugar.

**Diet notes:** Low carb (4.5 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more.

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## Ingredients 10 · SERVES 3

- [ ] 4 large **eggs**
- [ ] 125 g **full-fat cottage cheese**
- [ ] 1/2 tsp (2.5 ml) **Tabasco hot sauce**
- [ ] 1/2 tsp **garlic powder**
- [ ] 30 g chopped **onion**
- [ ] 60 g diced cooked **turkey breast**
- [ ] 50 g steamed **broccoli florets**, chopped
- [ ] 50 g crumbled **feta**
- [ ] a sprinkle of **dried oregano**
- [ ] **Olive oil**: cooking oil spray, for the tin

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

**Allergens found in the listed ingredients:** Egg, Milk. 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 177°C and grease a 1.4 L muffin tin well. Boil a kettle and have ready a baking tray slightly larger than the tin. 5:25
2. Blend the eggs, cottage cheese, hot sauce and garlic powder until completely smooth. 5:08
3. Divide the onion, turkey and chopped broccoli between the muffin cups, pour the egg mixture over, then top with the feta and a pinch of oregano. 5:30
4. Pour boiling water into the tray to a quarter to halfway up, sit the muffin tin in it and bake about 20 minutes, until just set. The water bath gives a silky, custard-like texture; skip it for firmer bites (and never use it in an air fryer). 5:50
5. Let the egg bites cool for 5 minutes before lifting them out. 6:17

> **Tip** Makes 6 bites; serves 3 at two each (our estimate). Keeps 3–4 days in the fridge or 2–3 months frozen; reheat in the microwave or oven.

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

## One serve gives you 1 OF 3 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 235 kcal | 22 g | 5.2 g | 0.7 g | 14 g | 400 mg |
| 980 kJ | 44% of a day | 4.5 g net · 3.4 g sugars | 2% of a day | 5.6 g saturated | 17% of a day |
| | | 2% of a day | | 17% of a day | |

**Energy from** net carbs 8% · protein 38% · fat 54% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Selenium 61% · Vitamin B12 53% · Vitamin B6 22%

**Source of** (10–19%) Vitamin C 18% · Zinc 17% · Vitamin A 16% · Vitamin K 16% · Calcium 13% · Folate 13%

**Recipe and video:** Toasty Apron (@toastyapron) on YouTube — youtube.com/watch?v=Ev9QcU-EmGc, published 29 March 2024. 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-broccoli-turkey-feta-egg-bites