SPANISH · SIDE

Creamy Scrambled Eggs with Green Beans

Revuelto de judías verdes

25 min · Serves 4 · 191 kcal a serve · Video 6:53 · Spain on a Fork

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

About 3 g net carbs and 10 g protein a serve, rich in selenium and vitamin B12: just eggs, blanched green beans and garlic-infused olive oil, stirred slowly over low heat until creamy, with no cream or cheese. Paleo as written; the eggs and salt put it over the DASH side limits.

Diet notes: Keto (3 g net carbs a serve).

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Ingredients 4 · SERVES 4

- [ ] ½ lb (7 oz, about 20) **fresh green beans**
- [ ] 2 tbsp (2 tbsp) **garlic-infused olive oil**
- [ ] 6 large **eggs**
- [ ] **Salt**: a pinch of sea salt and black pepper, to taste

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. Half-fill a stockpot with water, salt it well and bring it to the boil over high heat. Rinse the green beans. 0:50
2. Boil the beans 3–4 minutes, just until tender and still bright green, then drain them in a sieve and let them cool a few minutes. 1:23
3. Whisk the eggs with salt and pepper. 2:03
4. Heat the garlic-infused olive oil in a non-stick frying pan over low heat. 2:33
5. Trim the beans, cut them into 2 inches (2 in) pieces and stir them into the eggs. 3:03
6. Pour the mixture into the pan and stir continuously in small circles over low heat 4–5 minutes, until just set and creamy. 3:43

Tip Keep the heat low and keep stirring: that's what makes the eggs creamy.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
191 kcal 800 kJ	10 g 21% of a day	4.3 g 3 g net · 2.5 g sugars 2% of a day	1.4 g 5% of a day	15 g 3.4 g saturated 19% of a day	480 mg 21% of a day

Energy from net carbs 6% · protein 21% · fat 73% — fits keto: 3 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Selenium 42% · Vitamin B12 34% · Vitamin K 21%

Source of (10–19%) Vitamin A 14% · Vitamin E 13% · Folate 12%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=uSRZw6RZfs4. 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/revuelto-de-judias-verdes