AMERICAN · BREAKFAST

Baked Cottage Cheese and Eggs

40 min · Serves 1 · 273 kcal a serve · Video 3:05 · Ride and Grill

Vegetarian · Gluten-free ingredients · No nuts listed

A carnivore-friendly breakfast made from just eggs and cottage cheese: about 25 g protein for around 270 kcal, with most of a day's selenium and over half a day's vitamin B12.

Diet notes: Carnivore if you leave out the chives; Low carb (6.1 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 6 · SERVES 1

- [ ] 110 g **low-fat cottage cheese**
- [ ] 2 large **eggs**
- [ ] **salt** to taste
- [ ] **black pepper** to taste
- [ ] a little **butter or oil**, for greasing the dish
- [ ] chopped **chives** (optional; the cook had none)

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 190°C. Grease a small baking dish or pie tin with a little butter or oil (the cook suggests avocado or coconut oil, or butter). 0:16
2. In a bowl, stir together the cottage cheese, eggs, salt and pepper until evenly mixed. 1:08
3. Pour into the dish and set it on a tray in case it bubbles over. 1:40
4. Bake for 25–30 minutes, until puffed and golden brown on top. Let it stand about 5 minutes before eating, and scatter with chives if you have them. 1:55

> **Tip** This is a half batch for one. For a bigger appetite or two people, use 240 ml cottage cheese and 4 eggs in a larger dish. Cottage cheese is salty, so go easy on the salt.

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
273 kcal	25 g	6.3 g	0.2 g	16 g	880 mg
1,140 kJ	50% of a day	6.1 g net · 5.8 g sugars	1% of a day	6.4 g saturated	38% of a day
		2% of a day		20% of a day	

Energy from net carbs 9% · protein 37% · fat 54% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 79% · Vitamin B12 70% · Vitamin A 22%

Source of (10–19%) Zinc 15% · Folate 15% · Calcium 14% · Vitamin D 11% · Vitamin B6 11%

Recipe and video: Ride and Grill (@rideandgrill) on YouTube — youtube.com/watch?v=5ZRuSFSDsZA, published 6 March 2025. 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/rg-baked-cottage-cheese-eggs