



Kimchi + Scrambled Eggs

Active Time: 5 minutes | **Total Time:** 10 minutes | **Serves:** 2

Nutrition Information Per Serving

181.4 calories, 3.33 g carbohydrate, 2.35 g fiber, 0.98 g NET carbs, 14.76 g protein, 12.2 g fat

Ingredients

- 4 oz(s) Kings Kimchi
- 4 large(s) organic, free-range eggs, beaten
- 1 tsp avocado oil
- 2 tbsp(s) green onions

Preparation

1. Bring a wide pan to medium-high heat and swirl avocado oil to coat.
2. Add whisked eggs and allow to cook for about 15 seconds. Turn heat down to medium.
3. Using a spatula, move eggs gently around to allow liquids to cook for about 1 minute.
4. Serve with kimchi and top with green onions.
- 5.

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