



Kimchi + Sunny Side Up Eggs

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

Nutrition Information Per Serving

198.8 calories, 2.77 g carbohydrate, 2 g fiber, 0.77 g NET carbs, 14.58 g protein, 14.44 g fat

Ingredients

- 4 oz(s) Kings Kimchi
- 4 large(s) organic, free-range eggs
- 2 tsp(s) avocado oil
- 2 pinch(s) sea salt

Preparation

1. Bring a wide pan to medium-high heat and swirl half the avocado oil to coat.
2. Carefully crack half the eggs in the pan, turn heat down to medium and cover for 2 minutes, or until all white is cooked.
3. Remove and repeat with second half.
4. Serve with kimchi.

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