



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.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.