



KETO CURRY SCRAMBLED EGGS

INGREDIENTS

- 6 Large Eggs
- 2 scoops Ketologie Roast Chicken Bone Broth
- ½ tsp Curry Powder
- 2 tbsp Heavy Cream
- 1 tbsp Sour Cream
- 1 tbsp Ghee
- ¼ tsp sea salt

INSTRUCTIONS

In a blender combine eggs, bone broth, curry, and heavy cream. Pulse until smooth.

In a skillet or cast iron pan melt tbsp of ghee over medium heat. Once pan is warm, pour in the egg mixture and stir until fully cooked

Add in a dollop of sour cream and fold in until fully incorporated.

Nutrition Facts

curry eggs	
Amount Per Serving	
Calories 349	Calories from Fat 243
% Daily Value*	
Fat 27g	42%
Saturated Fat 13g	81%
Cholesterol 534mg	178%
Sodium 489mg	21%
Potassium 182mg	5%
Carbohydrates 2g	1%
Fiber 1g	4%
Sugar 1g	1%
Protein 17g	34%
Vitamin A 971IU	19%
Calcium 90mg	9%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.