

Healthy Egg Recipes

Created by The Endurance Edge



Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Ingredients

2 Egg

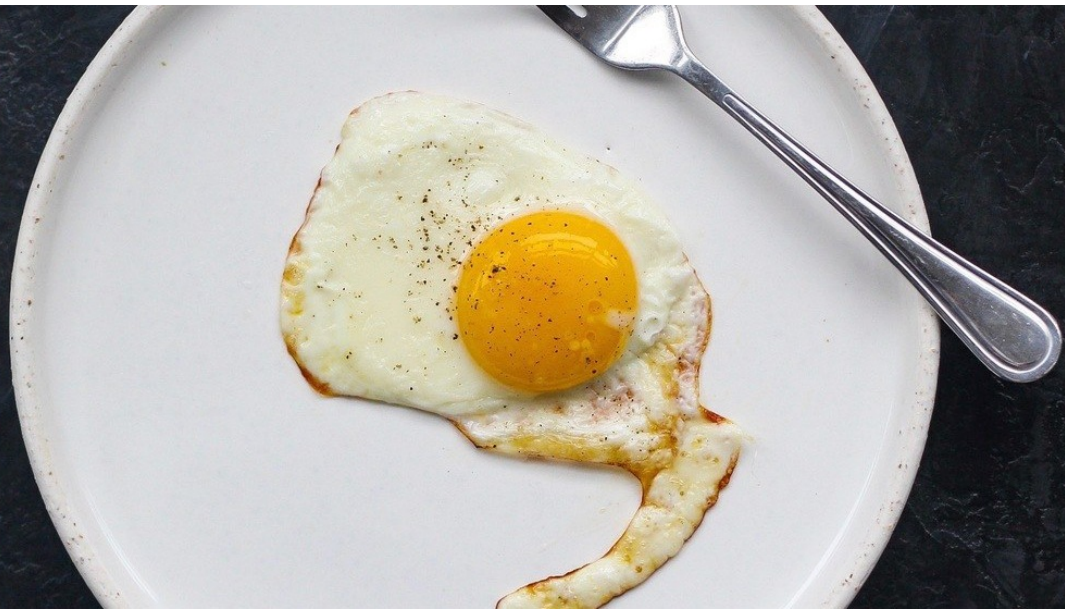
Nutrition

Amount per serving

Calories	143	Vitamin A	540IU
Fat	10g	Vitamin C	0mg
Carbs	1g	Calcium	56mg
Fiber	0g	Iron	2mg
Sugar	0g	Vitamin D	82IU
Protein	13g	Vitamin B12	0.9µg
Cholesterol	372mg	Magnesium	12mg
Sodium	142mg	Zinc	1mg
Potassium	138mg		

Fried Egg

3 ingredients · 5 minutes · 1 serving



Directions

1. In a medium pan, heat the coconut oil over medium heat.
2. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

Ingredients

- 1/4 tsp Coconut Oil
- 1 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	82	Vitamin A	270IU
Fat	6g	Vitamin C	0mg
Carbs	0g	Calcium	28mg
Fiber	0g	Iron	1mg
Sugar	0g	Vitamin D	41IU
Protein	6g	Vitamin B12	0.5µg
Cholesterol	186mg	Magnesium	6mg
Sodium	71mg	Zinc	1mg
Potassium	69mg		

Smoked Salmon Egg Cups

6 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Ingredients

- 2 **tsps** Avocado Oil
- 8 Egg
- 1 **1/3 tbsps** Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **1/3 cups** Baby Spinach (chopped)
- 5 **1/3 ozs** Smoked Salmon (roughly chopped)

Nutrition

Amount per serving

Calories	210	Vitamin A	1554IU
Fat	14g	Vitamin C	3mg
Carbs	1g	Calcium	71mg
Fiber	0g	Iron	2mg
Sugar	0g	Vitamin D	340IU
Protein	20g	Vitamin B12	2.1µg
Cholesterol	381mg	Magnesium	27mg
Sodium	403mg	Zinc	1mg
Potassium	263mg		

Lightened Up Deviled Eggs

8 ingredients · 30 minutes · 4 servings



Directions

1. Hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place eggs in a bowl of ice water for 10 minutes or until cool.
2. Peel the eggs. Cut each one in half lengthwise and separate the yolks from the egg whites. Add the yolks to a small mixing bowl and mash with a fork until a fine crumb forms. Stir in water, olive oil, lemon juice, sugar, salt and paprika. Season with additional salt if needed.
3. Spoon the egg yolk mixture into the egg whites and garnish with green onions. Chill and enjoy!

Ingredients

- 4 Egg
- 1 1/2 tbsps Water
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 tsps Lemon Juice
- 1/4 tsp Cane Sugar
- 1/8 tsp Sea Salt
- 1/4 tsp Paprika
- 1/2 stalk Green Onion (finely chopped; green parts only)

Nutrition

Amount per serving

Calories	119	Vitamin A	401IU
Fat	10g	Vitamin C	1mg
Carbs	1g	Calcium	30mg
Fiber	0g	Iron	1mg
Sugar	1g	Vitamin D	41IU
Protein	6g	Vitamin B12	0.5µg
Cholesterol	186mg	Magnesium	7mg
Sodium	145mg	Zinc	1mg
Potassium	77mg		