

Turkish Eggs with Yogurt

Yield: 1 min
Total Time: 21 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-eggs-with-yogurt-recipe>

Ingredients:

- 2 eggs Vital Farm
- 1/2 cup greek yogurt plain 2% Fage
- 1/4 teaspoon garlic grated
- 2 teaspoons lemon juice
- 1 teaspoon lemon zest
- 1 slice multi grain bread like Powerseed from Dave's Killer Bread, toasted
- 1/2 teaspoon olive oil harissa
- 2 teaspoons chopped walnuts
- salt
- pepper

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 440 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 23 grams
7. SaturatedFat: 6 grams
8. Sodium: 1110 milligrams
9. Sugar: 10 grams

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