

Turkish Poached Eggs Over Yogurt Breakfast

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 cup greek yogurt
- 1 clove garlic minced
- 2 tablespoons fresh herbs minced, mint and parsley, or your favorite
- 1/4 teaspoon salt
- 2 eggs poached
- 3 tablespoons salted butter
- 1/2 teaspoon chili flakes
- 1/4 teaspoon paprika
- herbs optional
- walnuts optional
- spice optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 135 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 8 grams
8. Sodium: 270 milligrams
9. Sugar: 4 grams

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