

Turkish Style Eggs

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 6 eggs
- 3 cloves garlic minced peeled
- 1 teaspoon paprika
- 1.5 cups yogurt plain
- 1 teaspoon salt
- 1 tablespoon vinegar
- 1 quart water

Equipment

- bowl
- frying pan
- sauce pan
- pot
- slotted spoon

Directions

- In a small bowl, combine the garlic, yogurt and pinch of salt; mix well.
- In a large saucepan or stockpot, combine water, vinegar and 1 teaspoon salt; bring to a boil over high heat. When the water is boiling hard, reduce the heat and gently break the eggs into the water, spacing them well apart. Cook until the whites have set over the yolks, immediately remove the eggs with a slotted spoon and place on a serving dish.
- Melt butter in a small skillet or saucepan. Stir in paprika.
- Pour yogurt sauce over eggs and top with paprika butter. Your cilbir is ready!

Nutrition Facts

PROTEIN 22.94% **FAT 65.81%** **CARBS 11.25%**

Properties

Glycemic Index:82, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:19.735652161681%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 412.19kcal (20.61%), Fat: 30.03g (46.2%), Saturated Fat: 15.2g (95.03%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 11.1g (4.04%), Sugar: 9.21g (10.23%), Cholesterol: 545.03mg (181.68%), Sodium: 1549.99mg (67.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.55g (47.11%), Selenium: 45.45µg (64.93%), Vitamin B2: 0.89mg (52.13%), Phosphorus: 449.63mg (44.96%), Vitamin A: 1737.52IU (34.75%), Calcium: 325.45mg (32.54%), Vitamin B12: 1.88µg (31.31%), Vitamin B5: 2.81mg (28.06%), Zinc: 2.95mg (19.64%), Folate: 75.95µg

(18.99%), Vitamin D: 2.82µg (18.83%), Vitamin B6: 0.36mg (18.04%), Iron: 2.7mg (15.03%), Potassium: 511.58mg (14.62%), Vitamin E: 2.12mg (14.1%), Magnesium: 45.92mg (11.48%), Copper: 0.21mg (10.46%), Vitamin B1: 0.12mg (7.94%), Manganese: 0.14mg (7.14%), Vitamin C: 2.33mg (2.83%), Vitamin K: 2.62µg (2.5%), Vitamin B3: 0.37mg (1.87%), Fiber: 0.44g (1.77%)