



Classic Fried Eggs

Serves 1

Ready to elevate any meal? Put a fried egg on it! Learn how to fry an egg by following these simple steps. Even if you mess up the first few times, they'll still taste delicious!

Ingredients

- 2 Eggs
- 4 teaspoons of fat
- Salt and pepper to taste

Directions

1. Place fat in pan and heat over medium-high heat.
2. Break the egg into the hot fat. Then reduce heat to low.
3. Cook the egg to desired doneness:
 - "Sunny-side up" The egg is not turned. The white is cooked through; yolk is bright yellow, still soft, and runny.
 - "Over easy" The egg is turned or flipped; the white is cooked through; yolk still runny.
 - "Over medium" The egg is turned or flipped; yolk slightly thickened but still flowing.
 - "Over hard" The egg is turned or flipped; yolk completely set.
4. Sprinkle with salt and pepper. Serve and enjoy!

Nutritional Information per serving

Calories 180
Fat 14g
Protein 12g
Fiber 0g
Sodium 190mg
Carbohydrate 1g

Tips for Successfully Frying an Egg

Break each egg into a bowl before sliding into the pan. This will give you a chance to make sure you have a good egg. It will also help the yolk stay intact when pouring it into the pan.

Heat matters. If heat is too high, eggs will become tough and rubbery. Gentle heat preserves nutrients and allows for even cooking. If the heat is too low, the egg may stick to the pan.

Leave space. Crowding the pan will make it difficult to separate the eggs when it's time to flip them.



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