

KETO FRIENDLY EGG CUPS

FOR THE MANAGEMENT OF SEIZURE DISORDERS

INGREDIENTS

Egg base

- 2 tablespoons unsalted butter
- 12 eggs
- 1/2 cup heavy cream
- 1 cup shredded cheddar cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon each salt & pepper

Optional mix-ins

- 1 cup chopped cooked bacon (about 6 slices)
- 1 cup baby spinach, roughly chopped
- 1 cup ham, cubed
- 1/2 cup green onions, sliced
- 1 cup cooked ground sausage (about 1/2 pound)
- 1 bell pepper, diced

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Grease a standard 12-slot muffin pan with the melted butter and set aside.
3. In a large bowl, whisk together eggs, cream, cheese, garlic powder, salt, and pepper.
4. Add optional filling choices.
5. Bake for 12-15 minutes or until eggs are set and slightly golden brown.
6. Allow to cool for 5 minutes before removing from pan and serving.



FOOD AS HEALTH *Alliance*

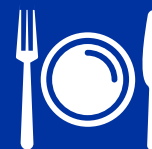
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HIGH FAT LOW CARB



10-12 SERVINGS



30 MIN



KETO FRIENDLY EGG CUPS NUTRITION FACTS

CHECK THE LABEL

How can this soup be helpful for epilepsy?

A ketogenic diet, in which the body relies primarily on fat as an energy source, has shown promising results in the treatment of refractory epilepsy, especially among children. The classic ketogenic diet requires a minimum calorie ratio of 4:1 fats to carbohydrates and protein, but modified versions such as the medium chain triglyceride ketogenic diet and the modified Atkins diet show similar results. The exact mechanism of its impact on epilepsy remains unknown, but it is theorized that the process of ketosis impacts neurotransmitters, reactive oxygen species, and/or gut microbiota in a manner that reduces seizure activity.

These egg cups have 24g of fat versus only 3g of carbohydrates and 16g of protein with a calorie ratio of approximately 3:1. This is due to the use of high fat ingredients like butter, cheese, heavy cream, bacon, and sausage with lower carb veggies.

Nutrition Facts

servings per container	
Serving size	(126g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 240mg	80%
Sodium 540mg	23%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 107mg	8%
Iron 2mg	10%
Potassium 210mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Micronutrient challenges

Children on a ketogenic diet should be closely monitored by an interdisciplinary healthcare team, including a registered dietitian. They are highly susceptible to micronutrient deficiencies due to the lack of fruits and vegetables in their diet. Wherever possible, lower carb options should be offered including green peppers, spinach, asparagus, mushrooms, green onions, and cucumber. These will provide much needed vitamins and minerals as well as a limited amount of fiber to combat constipation which is common in this patient population.