

Low-Glycemic Cloud Eggs with Protein-Rich Variations

Fluffy, protein-packed cloud eggs that won't spike blood sugar. Ready in 15 minutes with five delicious low-carb variations perfect for stable energy all morning.

Prep: 10 min

Cook: 5 min

Total: 15 min

Servings: 4

GL 0.1 / GI 30

Ingredients

Separate whites from yolks large eggs

sea salt

black pepper

For ham and Swiss variation deli ham, diced

For ham and Swiss variation Swiss cheese, grated

For garlic parmesan variation garlic powder

For garlic parmesan variation grated parmesan cheese

For bacon cheddar variation cooked bacon, crumbled

For bacon cheddar variation cheddar cheese, grated

For Gruyere chive variation Gruyere cheese, grated

For Gruyere chive variation fresh chives, chopped

Instructions

Step 1

Position your oven rack in the center and preheat to 450°F (232°C). Prepare a large baking sheet by lining it with parchment paper to prevent sticking and ensure easy cleanup.

Step 2

Carefully separate the egg whites from the yolks, placing all four whites into a large mixing bowl. Transfer each yolk into its own small bowl, keeping them intact and unbroken. This separation is crucial for achieving the signature cloud texture.

Step 3

Using a hand mixer on medium-high speed, whip the egg whites for 3-4 minutes until stiff, glossy peaks form. The whites should stand upright when you lift the beaters and hold their shape firmly. This creates the airy cloud base.

Step 4

Gently fold the sea salt and black pepper into the whipped whites using a spatula. If making a variation, carefully incorporate your chosen add-ins (cheese, ham, bacon, garlic powder, chives, or cream cheese) with a folding motion to preserve the air bubbles. For the basic version, proceed with just salt and pepper.

Step 5

Spoon the whipped egg white mixture onto the prepared baking sheet, creating four evenly-sized mounds with space between them. Use the back of your spoon to create a deep well in the center of each cloud, large enough to cradle an egg yolk.

Step 6

Place the baking sheet in the preheated oven and bake for exactly 3 minutes. The clouds should just begin to set and develop a light golden color on the peaks.

Step 7

Remove the tray from the oven and carefully slide one egg yolk into each well, working gently to avoid breaking the yolks. Return to the oven immediately and bake for an additional 2-3 minutes for runny yolks, or 4-5 minutes for fully set yolks.

Step 8

Remove from the oven when the yolks reach your desired doneness and the clouds are golden and crispy on the edges. Serve immediately while hot for the best texture and flavor. These protein-rich clouds provide sustained energy without blood sugar spikes.