



Arepa con Huevo y Jamon Gratinada (Arepa with Egg and Ham Al Gratin)

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado diced
- ☐ 2 tablespoons butter
- ☐ 3 large eggs
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 2 slices ham cut into small pieces
- ☐ 2 tablespoons heavy cream
- ☐ 1 cup mozzarella cheese

- ☐ 2 servings salt and pepper
- ☐ 4 slices tomatoes

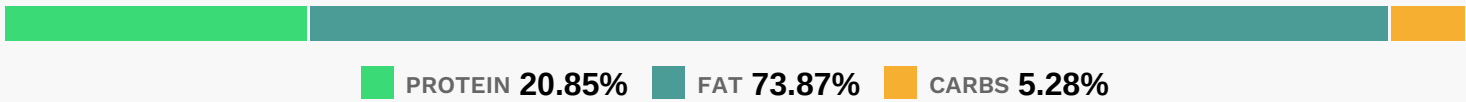
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ In a medium non-stick skillet heat the butter over medium heat.
- ☐ Add the ham and cook about 2 minutes, stirring occasionally. Meanwhile, in a small bowl beat the eggs, heavy cream, salt. and pepper.
- ☐ Pour the eggs in the skillet with the ham and cook over medium heat, without stirring, until mixture begins to set. Stir twice or until the eggs mix with the ham and cook about 2 minutes or until the eggs are the consistency you like.
- ☐ Place the arepas on a baking sheet and top with the eggs. Scatter the cheese evenly over the egg, leaving a 1/2-inch border. Slip under the broiler about 4 inches from the heat source and broil until the cheese is melted, about 2 minutes. Arrange the tomato slices, avocado and cilantro on top. Season with salt and pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:21.406086693639%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin:

0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 564.48kcal (28.22%), Fat: 46.74g (71.9%), Saturated Fat: 22.85g (142.79%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.97g (3.3%), Cholesterol: 387.65mg (129.22%), Sodium: 1083.35mg (47.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.37%), Selenium: 39.65µg (56.64%), Phosphorus: 451.37mg (45.14%), Vitamin B2: 0.66mg (38.57%), Vitamin A: 1885.48IU (37.71%), Vitamin B12: 2.17µg (36.19%), Calcium: 350.31mg (35.03%), Zinc: 3.64mg (24.23%), Vitamin B6: 0.4mg (20.02%), Folate: 79.75µg (19.94%), Vitamin B5: 1.98mg (19.82%), Vitamin B1: 0.26mg (17.61%), Vitamin E: 2.54mg (16.9%), Potassium: 555.73mg (15.88%), Vitamin K: 16.35µg (15.58%), Vitamin D: 2.16µg (14.4%), Vitamin C: 11.35mg (13.75%), Fiber: 3.17g (12.69%), Iron: 2.18mg (12.12%), Vitamin B3: 2.36mg (11.78%), Magnesium: 43.77mg (10.94%), Copper: 0.19mg (9.46%), Manganese: 0.16mg (7.94%)