



Baked Eggs and Mushrooms in Ham Crisps

READY IN



50 min.

SERVINGS



6

CALORIES



487 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons crème fraîche sour
- 0.8 crimini pound mushrooms finely chopped
- 12 large eggs
- 1 tablespoon tarragon leaves fresh finely chopped
- 12 slices virginia ham black (without holes; 10 ounces)
- 0.5 teaspoon salt
- 0.3 cup shallots finely chopped
- 6 servings garnish: tarragon leaves fresh

- 6 servings challah toast
- 2 tablespoons butter unsalted

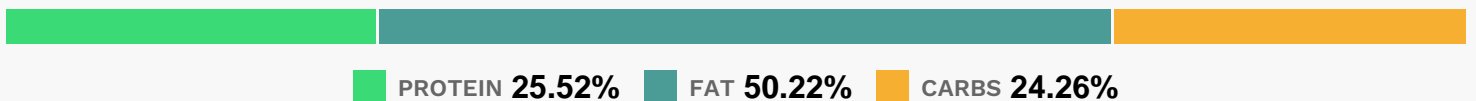
Equipment

- frying pan
- oven
- spatula
- muffin liners
- muffin tray

Directions

- Special equipment: a muffin tin with 12 (1/2-cup) muffin cups
- Preheat oven to 400 degrees F.
- Prepare mushrooms: Cook mushrooms and shallot in butter with salt and pepper in a large heavy skillet over moderately high heat, stirring, until mushrooms are tender and liquid they give off is evaporated, about 10 minutes.
- Remove from heat and stir in creme fraiche and tarragon.
- Assemble: Fit 1 slice of ham into each of 12 lightly oiled muffin cups (ends will stick up and hang over edges of cups). Divide mushrooms among cups and crack 1 egg into each.
- Bake in middle of oven until whites are cooked but yolks are still runny, about 15 minutes. Season eggs with salt and pepper and remove (with ham) from muffin cups carefully, using 2 spoons or small spatulas.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:22.691739206729%

Nutrients (% of daily need)

Calories: 486.82kcal (24.34%), Fat: 26.81g (41.25%), Saturated Fat: 10.17g (63.54%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 27.42g (9.97%), Sugar: 2.27g (2.52%), Cholesterol: 446.14mg (148.71%), Sodium: 1206.36mg (52.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.32%), Selenium: 60.43µg (86.33%), Vitamin B2: 0.86mg (50.8%), Vitamin B1: 0.62mg (41.57%), Phosphorus: 394.01mg (39.4%), Folate: 114.64µg (28.66%), Vitamin B3: 5.46mg (27.29%), Iron: 4.69mg (26.06%), Manganese: 0.52mg (25.88%), Vitamin B6: 0.51mg (25.39%), Vitamin B12: 1.32µg (22%), Zinc: 3.18mg (21.19%), Vitamin B5: 2.02mg (20.24%), Vitamin D: 2.68µg (17.84%), Vitamin A: 885.22IU (17.7%), Calcium: 143.63mg (14.36%), Potassium: 475.94mg (13.6%), Copper: 0.24mg (12.15%), Magnesium: 43.16mg (10.79%), Vitamin E: 1.52mg (10.12%), Fiber: 1.73g (6.92%), Vitamin C: 1.91mg (2.31%), Vitamin K: 1.38µg (1.31%)