



## Baked Eggs and Mushrooms in Ham Crisps

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons crème fraîche sour
- 12 large eggs
- 1 tablespoon tarragon fresh finely chopped
- 12 slices ham black (without holes; 10 oz)
- 0.8 lb mushrooms finely chopped
- 0.5 teaspoon salt
- 0.3 cup shallots finely chopped

- 6 servings tarragon fresh
- 2 tablespoons butter unsalted

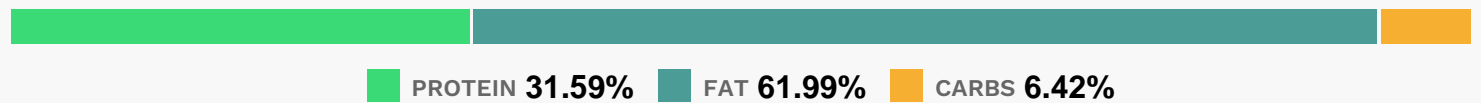
## Equipment

- frying pan
- oven
- spatula
- muffin liners

## Directions

- Preheat oven to 400°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 crème fraîche and tarragon. Assemble and bake: 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. Cooks' note: The eggs in this recipe are not fully cooked, which may be of concern if salmonella is a problem in your area.

## Nutrition Facts



## Properties

Glycemic Index:39, Glycemic Load:1.47, Inflammation Score:-5, Nutrition Score:19.944782676904%

## Nutrients (% of daily need)

Calories: 346.63kcal (17.33%), Fat: 23.82g (36.65%), Saturated Fat: 9.35g (58.45%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.41g (2.68%), Cholesterol: 419.11mg (139.7%), Sodium: 1007.64mg (43.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.32g (54.63%), Selenium: 49.1µg (70.14%), Vitamin B2: 0.85mg (49.89%), Phosphorus: 383.59mg (38.36%), Vitamin B1: 0.44mg (29%), Vitamin B5: 2.69mg (26.86%), Vitamin B6: 0.53mg (26.5%), Vitamin B3: 4.84mg (24.2%), Vitamin B12: 1.29µg (21.46%), Zinc: 3.03mg (20.18%), Iron:

3.35mg (18.62%), Vitamin D: 2.58µg (17.17%), Folate: 68µg (17%), Potassium: 584.09mg (16.69%), Copper: 0.32mg (16.24%), Vitamin A: 773.39IU (15.47%), Manganese: 0.28mg (13.78%), Calcium: 95.6mg (9.56%), Magnesium: 37.97mg (9.49%), Vitamin E: 1.39mg (9.24%), Fiber: 1.06g (4.26%), Vitamin C: 3.1mg (3.76%)