



Baked eggs with ham & spinach

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



524 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 1 small to 2 chillies slit green deseeded finely chopped
- ☐ 400 g canned tomatoes chopped canned
- ☐ 100 g roasted peppers drained sliced
- ☐ 180 g pork hock shredded
- ☐ 50 g baby spinach

- ☐ 2 medium eggs
- ☐ 1 pinch ground pepper
- ☐ 2 servings top

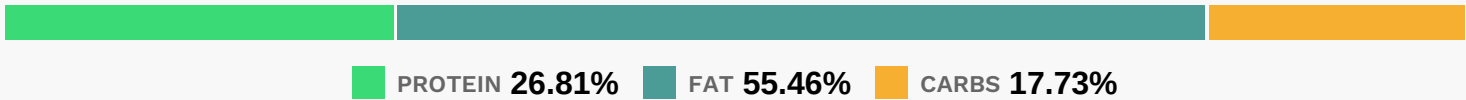
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the oil in a small ovenproof saut pan.
- ☐ Add the onion and cook for 6 mins until softened. Stir in the garlic and chilli, and cook for a couple mins more.
- ☐ Add the tomatoes and 100ml water. Season well and stir through the peppers and ham. Bring to a simmer and cook for 10 mins until the sauce has started to thicken.
- ☐ Add the spinach, stirring through to wilt.
- ☐ Make 2 hollows in the sauce and crack your eggs into them.
- ☐ Add a pinch of cayenne, transfer to the oven and bake for 10 mins until the whites of the eggs have set.
- ☐ Serve straight away with crusty bread.

Nutrition Facts



Properties

Glycemic Index:119.75, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:27.8965220866%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

8.12mg

Nutrients (% of daily need)

Calories: 523.94kcal (26.2%), Fat: 32.77g (50.41%), Saturated Fat: 10.13g (63.34%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 17.21g (6.26%), Sugar: 11.37g (12.63%), Cholesterol: 261.78mg (87.26%), Sodium: 1338.48mg (58.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.64g (71.29%), Vitamin K: 135.91µg (129.44%), Vitamin C: 54.47mg (66.03%), Vitamin A: 3293.49IU (65.87%), Manganese: 0.76mg (37.95%), Potassium: 1248.88mg (35.68%), Iron: 6.09mg (33.81%), Vitamin E: 4.5mg (30.02%), Vitamin B6: 0.58mg (28.77%), Folate: 111.16µg (27.79%), Copper: 0.51mg (25.75%), Fiber: 6.35g (25.42%), Selenium: 15.79µg (22.55%), Vitamin B2: 0.38mg (22.54%), Phosphorus: 187.01mg (18.7%), Magnesium: 74.8mg (18.7%), Calcium: 167.32mg (16.73%), Vitamin B3: 3.04mg (15.18%), Vitamin B1: 0.23mg (15.06%), Vitamin B5: 1.32mg (13.21%), Zinc: 1.42mg (9.46%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)