



Brunch Egg Nests

READY IN



45 min.

SERVINGS



6

CALORIES



446 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce alfredo sauce refrigerated
- 0.5 tablespoon butter
- 0.5 cup ham cooked chopped
- 4 hard-cooked eggs coarsely chopped
- 0.3 cup milk
- 0.5 cup mushrooms sliced
- 10 ounce puff pastry shells frozen
- 0.3 cup cup heavy whipping cream sour

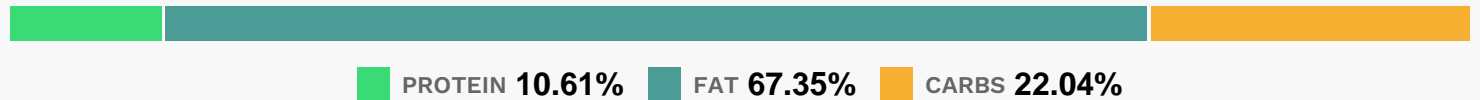
Equipment

- sauce pan
- whisk

Directions

- Melt butter in a medium saucepan over medium-high heat; add mushrooms and ham, and saut 7 minutes or until tender. Reduce heat to low; whisk in Alfredo sauce, sour cream, and milk, stirring until thoroughly heated. (Do not boil.)
- Fill each pastry shell with 1/3 cup mixture.
- Sprinkle evenly with chopped egg.
- Sprinkle with pepper, paprika, and parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:11.77, Inflammation Score:-3, Nutrition Score:9.3095651294874%

Nutrients (% of daily need)

Calories: 446.29kcal (22.31%), Fat: 33.16g (51.02%), Saturated Fat: 11.44g (71.5%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 23.63g (8.59%), Sugar: 2.45g (2.73%), Cholesterol: 171.59mg (57.2%), Sodium: 600.04mg (26.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.51%), Selenium: 24.87µg (35.53%), Vitamin B2: 0.39mg (22.93%), Vitamin B1: 0.27mg (18.27%), Phosphorus: 137.89mg (13.79%), Folate: 53.77µg (13.44%), Vitamin B3: 2.63mg (13.17%), Manganese: 0.25mg (12.44%), Vitamin B12: 0.58µg (9.72%), Iron: 1.73mg (9.63%), Vitamin K: 7.96µg (7.58%), Vitamin B5: 0.74mg (7.39%), Zinc: 0.93mg (6.18%), Vitamin D: 0.86µg (5.74%), Vitamin A: 279.14IU (5.58%), Copper: 0.1mg (4.81%), Vitamin B6: 0.09mg (4.64%), Calcium: 44.66mg (4.47%), Vitamin E: 0.67mg (4.45%), Potassium: 150.23mg (4.29%), Magnesium: 15.79mg (3.95%), Fiber: 0.79g (3.15%), Vitamin C: 2.45mg (2.97%)