



Brunch Ham and Egg Muffins

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 large eggs
- 0.9 oz knorr hollandaise sauce mix
- 1 cup milk
- 0.3 cup butter
- 1 teaspoon juice of lemon
- 0.3 teaspoon dill dried
- 1 Dash pepper
- 8 oz finely-chopped ham cooked sliced
- 4 muffins split english toasted

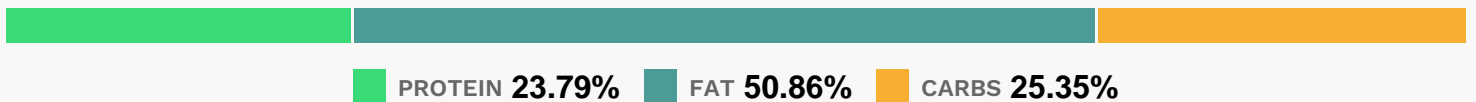
Equipment

- bowl
- sauce pan
- plastic wrap
- microwave
- dutch oven

Directions

- Place eggs in single layer in large saucepan or Dutch oven; add enough cold water to cover eggs by 1 inch. Bring to a boil. Immediately remove from heat; cover and let stand 15 minutes.
- Drain; rinse with cold water.
- Place eggs in bowl of ice water; let stand 10 minutes. Peel eggs; cut eggs into quarters. Set aside.
- In medium saucepan, prepare sauce mix with milk and butter as directed on package. Stir in quartered hard-cooked eggs, lemon juice, dill and pepper. Cook and stir 2 to 3 minutes or until thoroughly heated.
- Place ham on microwave-safe plate; cover loosely with microwave-safe plastic wrap. Microwave on Medium for 2 to 3 minutes or until thoroughly heated.
- Place 2 muffin halves on each serving plate. Arrange ham slices on muffins. Spoon egg mixture over ham.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:19.6, Inflammation Score:-5, Nutrition Score:20.634782666745%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 527.59kcal (26.38%), Fat: 28.32g (43.57%), Saturated Fat: 12.67g (79.19%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 30.2g (10.98%), Sugar: 3.34g (3.72%), Cholesterol: 478.55mg (159.52%), Sodium: 1376.38mg (59.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Selenium: 43.23µg (61.76%), Phosphorus: 504.87mg (50.49%), Vitamin B2: 0.77mg (45.24%), Vitamin B12: 2.07µg (34.43%), Vitamin B1: 0.48mg (31.94%), Vitamin B5: 2.53mg (25.27%), Zinc: 3.22mg (21.46%), Vitamin A: 997.23IU (19.94%), Vitamin B6: 0.38mg (18.95%), Vitamin D: 2.67µg (17.81%), Folate: 70.47µg (17.62%), Calcium: 168.78mg (16.88%), Vitamin C: 13.78mg (16.71%), Iron: 2.78mg (15.42%), Vitamin B3: 3.06mg (15.28%), Potassium: 470.59mg (13.45%), Manganese: 0.27mg (13.32%), Magnesium: 43.88mg (10.97%), Copper: 0.21mg (10.58%), Vitamin E: 1.41mg (9.41%), Fiber: 1.56g (6.23%), Vitamin K: 1.52µg (1.44%)