



## Cheesy Ham Cups

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 slices deli honey ham
- 6 eggs
- 2 tablespoons parsley fresh minced
- 0.5 cup spring onion finely chopped
- 8 ounces yogurt plain
- 8 ounces cheddar cheese shredded divided

## Equipment

- bowl

- oven
- knife
- ramekin

## Directions

- Place each ham slice in a greased 10-oz. ramekin or custard cup.
- Sprinkle with onions and 1 cup cheese. In a bowl, beat eggs and yogurt until blended; pour into cups.
- Sprinkle with parsley and the remaining cheese.
- Bake, uncovered, at 350° for 25–30 minutes or until a knife inserted near the center comes out clean.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.33, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:14.732608696689%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 311.39kcal (15.57%), Fat: 22.99g (35.36%), Saturated Fat: 11.1g (69.41%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.44g (1.25%), Sugar: 2.25g (2.5%), Cholesterol: 223.75mg (74.58%), Sodium: 661.52mg (28.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.79%), Selenium: 31.44µg (44.92%), Vitamin K: 40.23µg (38.32%), Phosphorus: 359.93mg (35.99%), Calcium: 347.42mg (34.74%), Vitamin B2: 0.49mg (28.9%), Zinc: 2.87mg (19.16%), Vitamin B12: 1.11µg (18.52%), Vitamin A: 849.17IU (16.98%), Vitamin B1: 0.21mg (14.24%), Vitamin B6: 0.23mg (11.28%), Vitamin B5: 1.12mg (11.17%), Folate: 39.46µg (9.87%), Vitamin D: 1.34µg (8.94%), Potassium: 258.88mg (7.4%), Iron: 1.3mg (7.22%), Vitamin B3: 1.39mg (6.96%), Magnesium: 27.68mg (6.92%), Vitamin E: 0.92mg (6.17%), Vitamin C: 3.53mg (4.28%), Copper: 0.08mg (3.98%), Manganese: 0.04mg (1.85%), Fiber: 0.26g (1.04%)