



Easter Egg Stew

READY IN



55 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1.3 cups ham diced cooked
- 4 muffins split english toasted
- 2 tablespoons flour all-purpose
- 8 ounce mushrooms fresh sliced
- 1 bell pepper green chopped
- 0.1 teaspoon ground pepper black
- 6 hard-cooked eggs chopped
- 1 cup milk

- 1 small onion chopped
- 4 servings salt to taste
- 1 cup sharp cheddar cheese shredded

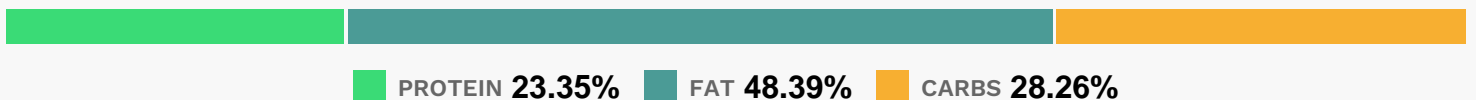
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Heat 1 tablespoon of butter in a skillet over medium heat, and cook and stir the onion and green pepper until the onion is translucent, about 5 minutes; stir in ham, and cook until ham is hot, about 1 more minute.
- Transfer to a bowl, and set aside. Melt 1 more tablespoon of butter in skillet over medium heat, and cook and stir the mushrooms until they have given up their liquid and started to brown, about 10 minutes.
- Add the cooked mushrooms to the ham mixture.
- Melt 2 tablespoons of butter in a saucepan over medium heat, and stir in flour, salt, and black pepper. Cook and stir until the flour lightens in color slightly, about 1 minute; gradually whisk in milk, and cook until thickened, whisking constantly. Do not boil.
- Mix in the Cheddar cheese, and stir until the cheese melts. Reduce heat to a bare simmer, and cook the sauce for about 10 more minutes.
- Whisk frequently.
- Drain any juices from the ham and mushroom mixture, and stir the mixture into the sauce; mix in the chopped hard-cooked eggs. Bring mixture back to a simmer, and serve over toasted English muffins.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:22.72, Inflammation Score:-7, Nutrition Score:25.54478253489%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 544.1kcal (27.2%), Fat: 29.21g (44.94%), Saturated Fat: 13.41g (83.84%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 35.34g (12.85%), Sugar: 6.46g (7.18%), Cholesterol: 356.15mg (118.72%), Sodium: 1216.59mg (52.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.43%), Selenium: 45.95µg (65.64%), Vitamin B2: 1.03mg (60.43%), Phosphorus: 564.53mg (56.45%), Vitamin C: 34.69mg (42.05%), Calcium: 355.36mg (35.54%), Vitamin B12: 2.02µg (33.61%), Vitamin B1: 0.48mg (32.2%), Vitamin B5: 2.88mg (28.8%), Zinc: 3.66mg (24.39%), Vitamin B3: 4.71mg (23.55%), Vitamin A: 1057.58IU (21.15%), Folate: 84.1µg (21.03%), Vitamin B6: 0.41mg (20.55%), Potassium: 646.13mg (18.46%), Manganese: 0.36mg (18.22%), Vitamin D: 2.6µg (17.36%), Copper: 0.35mg (17.33%), Magnesium: 52.74mg (13.18%), Iron: 2.35mg (13.05%), Fiber: 3.03g (12.11%), Vitamin E: 1.3mg (8.66%), Vitamin K: 3.96µg (3.77%)