



Easy Baked Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 pint cherry tomatoes halved
- ☐ 4 large eggs
- ☐ 1 garlic clove minced
- ☐ 4 ounces ham thinly sliced
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon olive oil
- ☐ 4 servings salt

☐ 2 cups spinach leaves packed

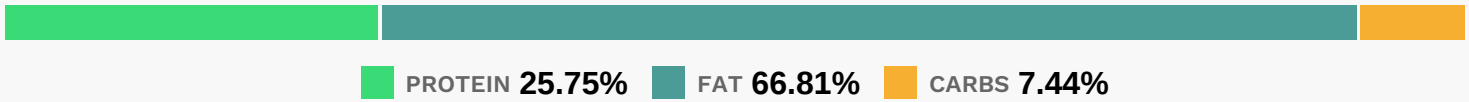
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 35
- ☐ Cook ham slices in a large nonstick skillet over medium-high heat 1 minute on each side (to remove excess water).
- ☐ Transfer to a plate; set aside.
- ☐ Heat oil in same skillet over medium heat.
- ☐ Add tomatoes and garlic; saut 3 minutes or until tomatoes are tender.
- ☐ Add kale, and cook 1 minute or until wilted.
- ☐ Place ham in bottoms of 4 (6-ounce) lightly greased ramekins. Top evenly with kale mixture. Break 1 egg into each dish; top each egg with 1 tablespoon cream, and sprinkle with salt and pepper.
- ☐ Place ramekins on a baking sheet, and bake 15 to 20 minutes or until eggs are set.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:16.19478291014%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 215.27kcal (10.76%), Fat: 16.01g (24.63%), Saturated Fat: 6.84g (42.75%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.23g (1.17%), Sugar: 2.16g (2.4%), Cholesterol: 220.39mg (73.46%), Sodium: 623.84mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.77%), Vitamin K: 75.51µg (71.91%), Vitamin A: 2185.06IU (43.7%), Selenium: 22.79µg (32.56%), Vitamin C: 18.02mg (21.85%), Vitamin B2: 0.36mg (21.26%), Phosphorus: 193.51mg (19.35%), Folate: 61.77µg (15.44%), Vitamin B1: 0.23mg (15.2%), Vitamin B6: 0.28mg (14.18%), Manganese: 0.24mg (12.03%), Iron: 1.97mg (10.97%), Potassium: 381.24mg (10.89%), Vitamin B12: 0.65µg (10.84%), Vitamin E: 1.55mg (10.3%), Vitamin B5: 1.03mg (10.26%), Zinc: 1.51mg (10.07%), Vitamin D: 1.44µg (9.58%), Vitamin B3: 1.74mg (8.71%), Magnesium: 29.96mg (7.49%), Copper: 0.13mg (6.44%), Calcium: 63.09mg (6.31%), Fiber: 0.79g (3.14%)