



Eggs with Cream, Spinach, and Country Ham

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup country ham thinly sliced finely chopped
- ☐ 8 large eggs
- ☐ 0.8 teaspoon garlic finely chopped
- ☐ 0.8 cup heavy cream
- ☐ 1 tablespoon onion finely chopped
- ☐ 10 ounces pkt spinach
- ☐ 2 tablespoons butter unsalted divided

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ tongs
- ☐ colander

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Bring ham and cream to a simmer in a small saucepan over medium-low heat, then remove from heat.
- ☐ Let steep, uncovered, about 10 minutes.
- ☐ Cook onion in 1 tablespoon butter in a 12-inch heavy skillet over medium-low heat, stirring, until softened, about 2 minutes.
- ☐ Add garlic and season lightly with salt and pepper, then cook, stirring, 1 minute.
- ☐ Add spinach, 1/4 teaspoon salt, and 1/8 teaspoon pepper and cook, turning with tongs, until spinach is wilted.
- ☐ Drain spinach in a colander, pressing to remove excess liquid, then coarsely chop. Divide spinach, then ham, among ramekins, spooning 1 tablespoon cream into each serving. Crack eggs into ramekins and season lightly with salt and pepper. Spoon 1 teaspoon cream over each egg.
- ☐ Cut remaining tablespoon butter into 8 small pieces and dot each egg with butter.
- ☐ Put ramekins in a shallow baking pan and bake, rotating pan halfway through baking, until whites are just set but yolks are still runny, 15 to 20 minutes, removing from oven as cooked.
- ☐ The eggs in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area.

Nutrition Facts



 **PROTEIN 18.41%**  **FAT 76.46%**  **CARBS 5.13%**

Properties

Glycemic Index:11.13, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:17.28304336382%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 192.16kcal (9.61%), Fat: 16.52g (25.42%), Saturated Fat: 8.78g (54.87%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.04g (1.16%), Cholesterol: 221.45mg (73.82%), Sodium: 157.43mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.9%), Vitamin K: 172.28µg (164.08%), Vitamin A: 4008.43IU (80.17%), Selenium: 17.45µg (24.93%), Folate: 93.62µg (23.41%), Vitamin B2: 0.35mg (20.53%), Manganese: 0.34mg (16.96%), Phosphorus: 140.3mg (14.03%), Vitamin C: 10.27mg (12.45%), Iron: 1.9mg (10.58%), Vitamin E: 1.55mg (10.31%), Vitamin D: 1.44µg (9.6%), Vitamin B6: 0.18mg (9.18%), Magnesium: 36.65mg (9.16%), Vitamin B5: 0.87mg (8.73%), Potassium: 304.24mg (8.69%), Vitamin B12: 0.51µg (8.58%), Calcium: 79.75mg (7.98%), Zinc: 1mg (6.64%), Vitamin B1: 0.08mg (5.31%), Copper: 0.09mg (4.5%), Fiber: 0.81g (3.23%), Vitamin B3: 0.51mg (2.54%)