



Green Egg and Ham Cups

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

SIDE DISH

Ingredients

- 2 cups beef broth
- 2 tablespoons butter
- 12 slices deli honey ham thin
- 6 eggs
- 0.3 cup flour
- 1 spring onion thinly sliced
- 1 cup gruyere cheese shredded
- 2 tablespoons cup heavy whipping cream
- 1 leek white green thinly sliced

12 servings salt and pepper to taste

Equipment

bowl

frying pan

oven

whisk

muffin liners

muffin tray

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan.

Melt butter in a large skillet over medium-high heat. Stir in the leek, green onion, and salt and pepper; cook until soft and tender.

Pour in the beef broth; whisk in the flour. Simmer until mixture becomes creamy and thick.

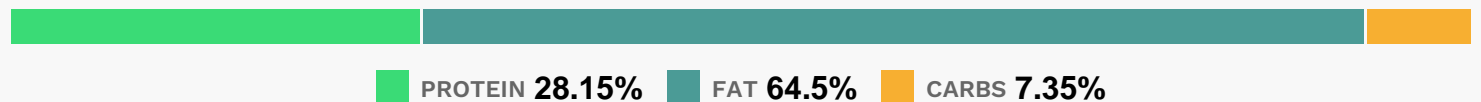
Line each muffin cup with 1 slice of ham to form a cup. Spoon about 1 tablespoon of the leek mixture into the bottom of each ham cup. Top with a heaping tablespoon of cheese. Press the cheese down lightly with a spoon. Beat eggs and cream in a large bowl. Divide egg mixture evenly between the ham cups.

Bake cups in the preheated oven until set and golden, about 12 to 15 minutes. Allow baked eggs to rest for at least 10 minutes in muffin cups.

Remove by gently pulling on the crisped ham edge and lifting up.

Serve immediately or refrigerate.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:7.6726086372915%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 187.28kcal (9.36%), Fat: 13.27g (20.42%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.51g (0.57%), Cholesterol: 119.14mg (39.71%), Sodium: 802.1mg (34.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.07%), Selenium: 16.05µg (22.92%), Phosphorus: 183.02mg (18.3%), Vitamin B1: 0.21mg (14.04%), Calcium: 135.6mg (13.56%), Vitamin B2: 0.22mg (13.11%), Vitamin B12: 0.59µg (9.78%), Zinc: 1.4mg (9.35%), Vitamin A: 451.75IU (9.03%), Vitamin B3: 1.78mg (8.9%), Vitamin B6: 0.18mg (8.83%), Vitamin K: 6.17µg (5.88%), Folate: 23.4µg (5.85%), Vitamin B5: 0.57mg (5.67%), Iron: 1.01mg (5.62%), Vitamin D: 0.74µg (4.95%), Potassium: 162.82mg (4.65%), Magnesium: 15.8mg (3.95%), Manganese: 0.07mg (3.58%), Vitamin E: 0.51mg (3.43%), Copper: 0.06mg (2.83%), Vitamin C: 1.09mg (1.32%)