



Green Eggs and Ham

 Dairy Free

READY IN



23 min.

SERVINGS



2

CALORIES



174 kcal

SIDE DISH

Ingredients

- 2 servings pepper black freshly ground
- 2 slices bread country-style
- 2 eggs room temperature
- 2 slices pancetta thin
- 2 servings salt
- 1.5 quarts water
- 1 teaspoon citrus champagne vinegar

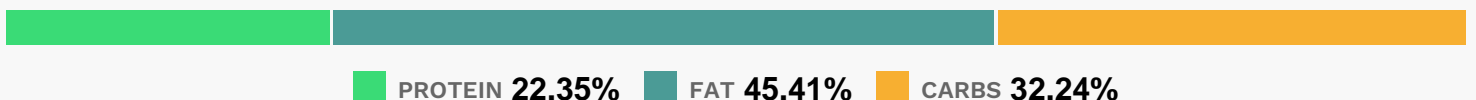
Equipment

- bowl
- sauce pan
- sieve
- blender
- broiler
- stove
- slotted spoon
- grill pan
- funnel

Directions

- Preheat a broiler or a lightly oiled stove-top grill pan.
- Bring the water to a boil in a medium saucepan. Salt the water, add the vinegar, and then lower the heat so the water barely bubbles. One at a time, break the eggs into a custard cup or small bowl, and then pour into the water, trying not to break the yolks. With a slotted spoon, gently lift and shape the whites around the egg yolks until glazed but still liquid, about 2 1/2 minutes longer.
- While the eggs poach, toast the bread slices on both sides. Put a slice of toast on each of 2 plates. Immediately top with the prosciutto so that it softens from the heat of the toast. Lift the poached eggs out of the water with a slotted spoon, letting excess water drip off, and then place an egg on each toast.
- Drizzle each toast with 2 teaspoons chive oil and then grind a little black pepper over each.
- Serve immediately.
- cups coarsely chopped fresh chives
- cup olive oil
- Place chives and olive oil in a blender and puree. Strain through a fine-mesh strainer.
- Pour through a funnel into a bottle for storage. Cover and refrigerate. Use within 2 weeks.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:7.16, Inflammation Score:-2, Nutrition Score:8.7165216758199%

Nutrients (% of daily need)

Calories: 173.73kcal (8.69%), Fat: 8.63g (13.28%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 12.64g (4.6%), Sugar: 1.77g (1.96%), Cholesterol: 168.96mg (56.32%), Sodium: 477.38mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Selenium: 23.19µg (33.12%), Manganese: 0.36mg (18.07%), Vitamin B2: 0.28mg (16.37%), Phosphorus: 135.12mg (13.51%), Folate: 44.5µg (11.12%), Vitamin B1: 0.15mg (10.32%), Iron: 1.83mg (10.19%), Vitamin B3: 1.92mg (9.61%), Copper: 0.19mg (9.59%), Vitamin B5: 0.95mg (9.5%), Calcium: 82.05mg (8.2%), Vitamin B12: 0.43µg (7.19%), Zinc: 1.03mg (6.84%), Vitamin B6: 0.13mg (6.37%), Magnesium: 25.09mg (6.27%), Vitamin D: 0.91µg (6.08%), Vitamin A: 241.67IU (4.83%), Fiber: 1.15g (4.58%), Vitamin E: 0.55mg (3.67%), Potassium: 118.38mg (3.38%), Vitamin K: 1.67µg (1.59%)