



Green Eggs and Ham

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 8 eggs
- 10 ounce pkt spinach frozen drained chopped
- 0.3 cup heavy cream
- 4 servings nutmeg freshly grated to taste
- 1 tablespoon olive oil extra-virgin
- 8 slices prosciutto di parma
- 4 servings salt and pepper black freshly ground

- 2 large shallots finely chopped

Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- In a medium skillet over medium heat, heat the extra-virgin olive oil and the butter and sweat the shallots a few minutes.
- Add the spinach and stir in the cream, season with salt, freshly ground black pepper and a little grated nutmeg. Cook the spinach, stirring occasionally, until the cream has thickened, 5 minutes. Adjust seasoning to your taste.
- Fold each slice of ham or prosciutto in half and line the nonstick cups with 1 slice of meat each. Spoon a heaping tablespoon of the cooked spinach into each of the cups, then crack an egg into each, making sure it stays whole (hint - if you're worried about breaking the egg yolk, crack the egg into a small bowl first, then pour it into the muffin cup). Season the tops of the eggs with salt and freshly ground black pepper and bake in the oven until set, about 15 minutes. Allow the baked eggs to cool in the muffin cups for a couple of minutes before removing them from the pan.
- Serve immediately.

Nutrition Facts



PROTEIN 18.5% **FAT 73.15%** **CARBS 8.35%**

Properties

Glycemic Index:45.5, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:25.825217247009%

Nutrients (% of daily need)

Calories: 356.33kcal (17.82%), Fat: 29.36g (45.17%), Saturated Fat: 12.28g (76.73%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 4.64g (1.69%), Sugar: 2.92g (3.25%), Cholesterol: 367.86mg (122.62%), Sodium: 313.1mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.43%), Vitamin K: 267.16µg (254.44%), Vitamin A: 9173.88IU (183.48%), Selenium: 35.3µg (50.43%), Folate: 150.81µg (37.7%), Vitamin B2: 0.62mg (36.25%), Manganese: 0.63mg (31.64%), Phosphorus: 256.27mg (25.63%), Vitamin E: 3.82mg (25.48%), Magnesium: 73.55mg (18.39%), Vitamin B6: 0.37mg (18.39%), Iron: 3.21mg (17.81%), Calcium: 164.22mg (16.42%), Vitamin B5: 1.6mg (15.97%), Vitamin B12: 0.9µg (15.01%), Vitamin D: 2.14µg (14.28%), Potassium: 468.14mg (13.38%), Zinc: 1.87mg (12.44%), Fiber: 2.9g (11.59%), Vitamin B1: 0.16mg (10.98%), Copper: 0.21mg (10.36%), Vitamin C: 5.08mg (6.15%), Vitamin B3: 1.14mg (5.68%)