



food
network

Green Eggs and Ham with Ital-Tots and Garlic-Cheesy Toast

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup arugula
- ☐ 0.5 pound breakfast ham chopped
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 large eggs
- ☐ 0.5 cup basil fresh

- ☐ 1 small clove garlic
- ☐ 1 tablespoon half-and-half
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 2 rounded spoonfuls parmigiano grated
- ☐ 2 tablespoons pinenuts pignoli
- ☐ 1 teaspoon pepper flakes hot
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 1 sack tater tots frozen

Equipment

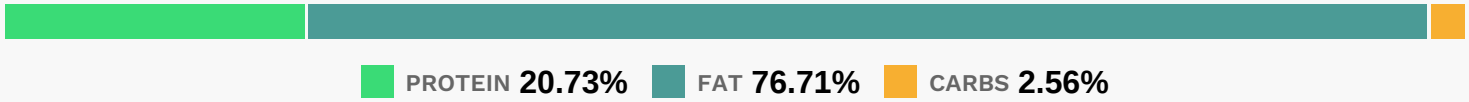
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Open tots and pour 4 portions onto a nonstick cookie sheet.
- ☐ Sprinkle the tots with salt and dried seasonings and toss them around a bit to get the herbs to stick to the tots as the frost starts to melt the flavorings will set into place.
- ☐ Bake the tots until crisp, about 12 minutes.

- ☐ Combine ingredients for green sauce in food processor and process until sauce forms; you are making a pesto sauce for the eggs. Set pesto aside and reserve.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add extra-virgin olive oil and butter to pan, then add the chopped ham and cook to lightly brown at edges, 3 minutes or so.
- ☐ Remove the tots from the oven and switch the broiler on to toast your bread.
- ☐ Beat eggs and splash of half-and-half or milk with salt and pepper.
- ☐ Add eggs to the ham in the skillet and scramble them up with the ham to desired doneness and remove from heat.
- ☐ Toast bread under hot broiler, 30 seconds on each side. Rub with cracked garlic then spread with butter and top with a sprinkle of Parmesan, the diced mozzarella and ground black pepper.
- ☐ In a microwave-safe bowl, heat the tomato sauce, oregano, crushed red pepper, and the garlic clove from the toast. Cover with plastic wrap and heat for 2 minutes.
- ☐ Serve as dipping sauce for the tots.
- ☐ Stir the pesto into the ham and eggs, making them "green", and serve with garlic-cheese toast on the side.

Nutrition Facts



Properties

Glycemic Index:82.25, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:21.4652175696%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 506.2kcal (25.31%), Fat: 43.13g (66.36%), Saturated Fat: 11.31g (70.7%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.52g (0.92%), Sugar: 0.84g (0.93%), Cholesterol: 416.33mg (138.78%), Sodium: 1637.28mg (71.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.46%), Selenium: 44.08µg (62.97%), Vitamin

K: 51.74µg (49.27%), Vitamin B2: 0.62mg (36.49%), Phosphorus: 363.95mg (36.39%), Manganese: 0.61mg (30.44%), Vitamin E: 4.48mg (29.88%), Vitamin B1: 0.41mg (27.55%), Vitamin A: 1186.83IU (23.74%), Vitamin B6: 0.43mg (21.59%), Vitamin B12: 1.27µg (21.2%), Zinc: 3.05mg (20.36%), Iron: 3.36mg (18.68%), Vitamin B5: 1.85mg (18.52%), Vitamin D: 2.4µg (16%), Folate: 62.61µg (15.65%), Vitamin B3: 2.98mg (14.93%), Potassium: 387.89mg (11.08%), Magnesium: 43.71mg (10.93%), Copper: 0.21mg (10.68%), Calcium: 96.09mg (9.61%), Vitamin C: 4.01mg (4.86%), Fiber: 0.72g (2.88%)