



Ham and Eggs au Gratin

 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter melted
- ☐ 2 teaspoons dijon mustard
- ☐ 4 eggs
- ☐ 2 tablespoons flour
- ☐ 12 ounces ham thick sliced
- ☐ 2 teaspoons juice of lemon
- ☐ 1.5 cups milk
- ☐ 0.3 cup panko breadcrumbs

- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 tablespoons parsley chopped
- ☐ 4 servings salt to taste

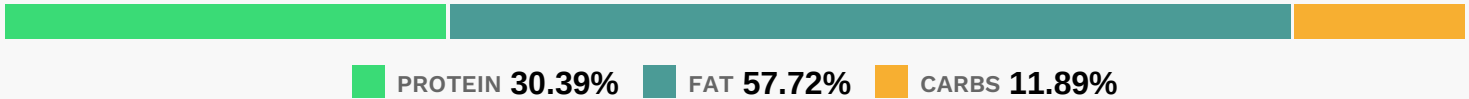
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cover the eggs in water, bring to a boil, turn off the heat, cover and let sit for 7 minutes before transferring to cold water, peeling and slicing when cool enough to handle. Meanwhile, melt the butter in a small sauce pan over medium heat and let it froth until it just starts to turn a light golden brown.
- ☐ Sprinkle in the flour and let cook while whisking until it just starts to turn a light golden brown, about 2–3 minutes.
- ☐ Add the milk and simmer while whisking until it thickens, about 2–3 minutes.
- ☐ Mix in the parmesan, mustard, lemon juice and parsley, season with salt, pepper and cayenne to taste and remove from heat.
- ☐ Place the ham in a greased baking dish, top with the sliced eggs followed by the sauce, the mixture of the breadcrumbs, parmesan and butter and optionally sprinkle on some paprika or cayenne.
- ☐ Bake in a preheated 400F oven until the topping is a light golden brown and the sides are bubbling, about 8–12 minutes.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:3.96, Inflammation Score:-7, Nutrition Score:20.636086982229%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 404.53kcal (20.23%), Fat: 25.7g (39.54%), Saturated Fat: 10.6g (66.26%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 10.92g (3.97%), Sugar: 5.18g (5.76%), Cholesterol: 237.02mg (79.01%), Sodium: 1279.75mg (55.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.9%), Selenium: 39.23µg (56.04%), Vitamin B1: 0.66mg (44.12%), Phosphorus: 425.67mg (42.57%), Vitamin B2: 0.59mg (34.88%), Vitamin K: 35.39µg (33.7%), Vitamin A: 1499.72IU (29.99%), Vitamin B6: 0.52mg (25.97%), Vitamin B12: 1.52µg (25.37%), Calcium: 232.61mg (23.26%), Vitamin B3: 4.63mg (23.14%), Zinc: 3.26mg (21.73%), Vitamin D: 2.51µg (16.75%), Vitamin B5: 1.49mg (14.91%), Potassium: 516.61mg (14.76%), Iron: 2.24mg (12.44%), Magnesium: 43.05mg (10.76%), Folate: 40.45µg (10.11%), Vitamin E: 1.51mg (10.1%), Manganese: 0.14mg (7.15%), Copper: 0.13mg (6.64%), Vitamin C: 5.17mg (6.26%), Fiber: 1g (3.98%)