



Ham Cups and Eggs



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter cut into small pieces
- ☐ 6 slices ham cooked
- ☐ 6 eggs

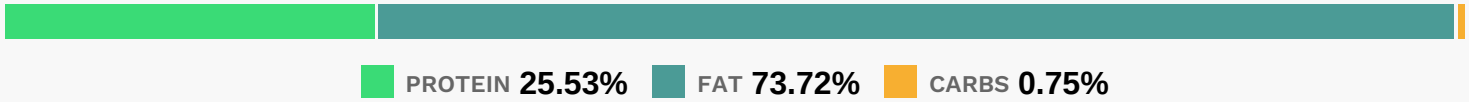
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat bottom of a 12x12-inch casserole dish with butter.
- ☐ Spread mashed potatoes into the bottom of the prepared casserole dish to a depth of about 2 inches. Press ham slices into the mashed potatoes to form cup shapes. Break an egg into each ham cup. Dot mashed potatoes with butter.
- ☐ Sprinkle with parsley.
- ☐ Bake in the preheated oven until eggs are set, 25 to 30 minutes. Scoop ham cups and mashed potatoes onto serving plates and drizzle with Hollandaise sauce.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.3252173921336%

Nutrients (% of daily need)

Calories: 172.46kcal (8.62%), Fat: 13.99g (21.52%), Saturated Fat: 6.72g (41.97%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.17g (0.19%), Cholesterol: 204.46mg (68.15%), Sodium: 446.7mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.8%), Selenium: 19.15µg (27.35%), Phosphorus: 171.15mg (17.11%), Vitamin B2: 0.27mg (15.94%), Vitamin B12: 0.8µg (13.37%), Vitamin B1: 0.17mg (11.1%), Vitamin A: 473.96IU (9.48%), Vitamin B5: 0.93mg (9.29%), Zinc: 1.2mg (8%), Vitamin C: 6.52mg (7.91%), Vitamin B6: 0.15mg (7.34%), Vitamin D: 0.88µg (5.87%), Iron: 1.01mg (5.61%), Folate: 21.8µg (5.45%), Vitamin B3: 1.03mg (5.16%), Vitamin E: 0.68mg (4.54%), Potassium: 141.67mg (4.05%), Copper: 0.06mg (3.18%), Calcium: 28.59mg (2.86%), Magnesium: 11.35mg (2.84%), Manganese: 0.03mg (1.27%)