



## Ham & Red Eye Gravy

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



143 kcal

SAUCE

### Ingredients

- ☐ 0.1 teaspoon cayenne pepper to taste
- ☐ 0.7 cup hot-brewed coffee brewed
- ☐ 1 teaspoon flour all-purpose
- ☐ 0.5 cup fatty ham scraps chopped
- ☐ 4 slices ham (1/)
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 1 tablespoon vegetable oil

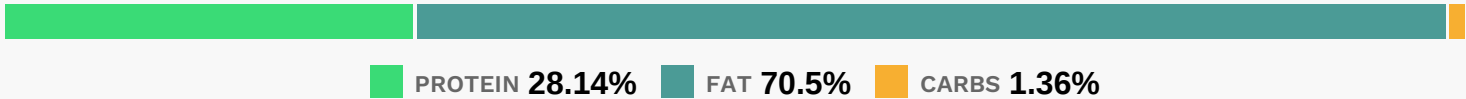
### Equipment

☐ frying pan

Directions

- ☐ Heat oil in a medium skillet over medium heat. Cook and stir ham scraps until browned, about 5 minutes.
- ☐ Remove to a plate, reserving the grease in the pan.
- ☐ Place ham slices in the pan and cook over medium heat until browned, about 5 minutes on each side. Season both sides with salt, black pepper, and cayenne pepper.
- ☐ Remove ham and reserve on a plate.
- ☐ Reduce heat to medium-low and sprinkle flour over the pan drippings. Cook and stir for 2 minutes. Increase heat to medium-high and pour in coffee into the pan. Cook and stir until combined and thickened. Season to taste. Return ham to the pan to warm through.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:4.9039129976021%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,  
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:  
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 143.29kcal (7.16%), Fat: 11.06g (17.01%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.43g (0.15%), Sugar: 0.01g (0.01%), Cholesterol: 28.21mg (9.4%), Sodium: 540.92mg (23.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.8mg (5.27%), Protein: 9.93g (19.86%), Vitamin B1: 0.28mg (18.88%), Selenium: 10.51µg (15.01%), Vitamin B3: 2.14mg (10.71%), Phosphorus: 99.44mg (9.94%), Vitamin B6: 0.18mg (8.77%), Vitamin B2: 0.13mg (7.87%), Zinc: 1.07mg (7.13%), Vitamin K: 6.51µg (6.2%), Vitamin B12: 0.29µg (4.85%), Potassium: 152.61mg (4.36%), Vitamin B5: 0.31mg (3.12%), Vitamin E: 0.47mg (3.11%), Magnesium: 10.21mg (2.55%), Iron: 0.44mg (2.43%), Vitamin D: 0.32µg (2.12%), Copper: 0.04mg (2.04%), Manganese: 0.03mg (1.64%)