



Ham with Red-eye Gravy



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup strongly coffee brewed
- ☐ 4 servings bell pepper
- ☐ 12 ounces ham smoked sliced
- ☐ 2 tablespoons butter unsalted

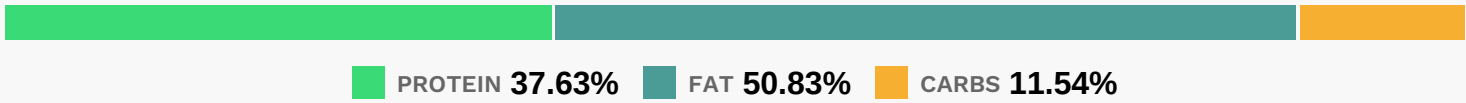
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ In a large frying pan (it should be big enough to accommodate ham, even more than one slice, in a single layer), melt butter over medium-high heat. Once butter foams, add ham and cook until browned on both sides, 2 to 3 minutes per side.
- ☐ Transfer to a plate and tent loosely with foil to keep warm.
- ☐ Pour coffee into pan and cook, stirring and scraping bottom of pan to release browned bits, until liquid is reduced by about half and just slightly thickened, 2 to 4 minutes. (Gravy will still be thin.) Season with pepper to taste, pour over ham and serve hot.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:12.311304370994%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.45mg, Luteolin:
0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg,
Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg,
Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 153.96kcal (7.7%), Fat: 8.97g (13.8%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 4.58g (1.53%), Net
Carbohydrates: 3.02g (1.1%), Sugar: 3.22g (3.58%), Cholesterol: 55.87mg (18.62%), Sodium: 1036.63mg (45.07%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.9mg (2.63%), Protein: 14.94g (29.88%), Vitamin C: 95.36mg
(115.59%), Vitamin A: 2507.52IU (50.15%), Phosphorus: 219.81mg (21.98%), Zinc: 1.74mg (11.57%), Potassium:
396.48mg (11.33%), Copper: 0.22mg (10.91%), Vitamin B6: 0.22mg (10.86%), Magnesium: 36.04mg (9.01%), Vitamin
E: 1.34mg (8.94%), Folate: 34.88µg (8.72%), Iron: 1.43mg (7.94%), Fiber: 1.56g (6.26%), Vitamin B2: 0.08mg (4.75%),
Manganese: 0.09mg (4.41%), Vitamin K: 4.16µg (3.96%), Vitamin B3: 0.77mg (3.85%), Vitamin B5: 0.29mg (2.94%),
Vitamin B1: 0.04mg (2.89%), Calcium: 15.79mg (1.58%)