



Individual Ham-Swiss Breakfast Cups

READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup ham cooked chopped
- ☐ 0.3 teaspoon mustard dry
- ☐ 2 large eggs
- ☐ 0.3 cup milk
- ☐ 0.1 teaspoon onion powder
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup swiss cheese shredded
- ☐ 1 cup bread white cubed 2 slices

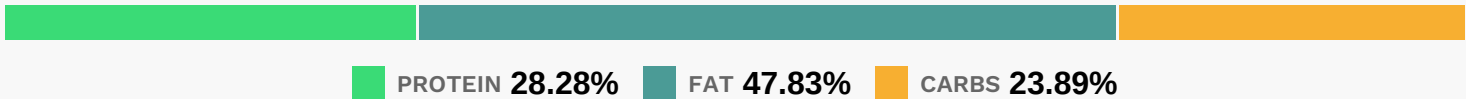
Equipment

- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Layer cubed bread, ham, and cheese evenly into 2 greased 8-oz. ramekins or individual souffl dishes.
- ☐ Whisk together eggs and next 5 ingredients.
- ☐ Pour evenly over cheese in ramekins. Cover and chill 8 hours.
- ☐ Let stand at room temperature 20 minutes before baking.
- ☐ Bake at 350 for 20 to 25 minutes or until set.
- ☐ Let stand 5 minutes before serving.
- ☐ Note: To bake in a muffin pan, layer cubed bread, ham, and shredded cheese evenly in 4 greased cups in pan.
- ☐ Pour egg mixture evenly over cheese in muffin cups. Cover and chill 8 hours.
- ☐ Let stand at room temperature 20 minutes before baking.
- ☐ Bake at 350 for 15 to 20 minutes or until set.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:85.89, Glycemic Load:8.52, Inflammation Score:-4, Nutrition Score:11.799565144207%

Nutrients (% of daily need)

Calories: 226.98kcal (11.35%), Fat: 11.9g (18.31%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 12.75g (4.64%), Sugar: 2.88g (3.2%), Cholesterol: 212.53mg (70.84%), Sodium: 668.89mg (29.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.66%), Selenium: 28.56µg (40.8%), Phosphorus: 276.83mg (27.68%), Calcium: 236.42mg (23.64%), Vitamin B2: 0.4mg (23.55%), Vitamin B12: 1.22µg (20.28%), Vitamin B1: 0.23mg (15.36%), Folate: 50.64µg (12.66%), Zinc: 1.9mg (12.65%), Vitamin B5: 1.19mg (11.89%), Iron: 1.82mg (10.13%), Manganese: 0.2mg (9.81%), Vitamin D: 1.34µg (8.9%), Vitamin A: 433.13IU (8.66%), Vitamin B6: 0.17mg (8.63%), Vitamin B3: 1.67mg (8.33%), Magnesium: 24.66mg (6.16%), Potassium: 196.81mg (5.62%), Copper: 0.09mg (4.63%), Vitamin E: 0.69mg (4.58%), Vitamin C: 3.34mg (4.05%), Fiber: 0.63g (2.52%)