



## Spinach Pesto Scrambled Eggs on Garlic Brioche with Country Ham

READY IN



35 min.

SERVINGS



4

CALORIES



774 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3.5 ounces asiago cheese cut into chunks
- 2 cups baby spinach
- 4 servings pepper black freshly ground
- 4 slices day-old brioche (1/)
- 6 tablespoons butter
- 8 large eggs
- 1 clove garlic minced
- 1 clove garlic smashed

- 4 slices ham bone-in boiled (1/)
- 0.3 cup heavy cream
- 0.5 cup olive oil extra-virgin
- 4 servings salt and pepper black freshly ground
- 2 tablespoons shallots finely chopped
- 0.5 cup walnuts

## Equipment

- food processor
- bowl
- frying pan
- paper towels
- whisk

## Directions

- In a large skillet over medium-low heat, melt 3 tablespoons butter.
- Add garlic and distribute evenly, then add brioche and coat on both sides with garlic butter. Toast over low heat so garlic doesn't burn until slightly brown and crisp.
- Remove to a plate. Wipe the pan with a paper towel, melt 1 tablespoon butter and add the ham. Cook the ham over medium heat to brown slightly on both sides and to heat through.
- Remove to a plate.
- In a medium bowl, whisk together eggs, cream, and shallot. In a nonstick skillet over low heat, melt remaining butter. Cook egg mixture over low heat, whisking the entire time so the eggs form little loose curds.
- Serve eggs over brioche and dollop top with Spinach Pesto.
- In a food processor, pulse to blend, spinach, walnuts, garlic and cheese. Scrape down the sides of the bowl. While machine is running, drizzle in oil until the mixture forms a loose paste. Season, to taste, with pepper.

## Nutrition Facts



■ PROTEIN 17.12% ■ FAT 71.52% ■ CARBS 11.36%

## Properties

Glycemic Index:70.75, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:25.686521830766%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 773.82kcal (38.69%), Fat: 62.38g (95.97%), Saturated Fat: 27.94g (174.6%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 20.75g (7.54%), Sugar: 1.95g (2.17%), Cholesterol: 523.84mg (174.61%), Sodium: 1228.97mg (53.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.2%), Vitamin K: 79.16µg (75.39%), Vitamin A: 3188.04IU (63.76%), Selenium: 38.09µg (54.41%), Phosphorus: 514.3mg (51.43%), Calcium: 422.03mg (42.2%), Vitamin B2: 0.63mg (36.93%), Manganese: 0.73mg (36.61%), Folate: 95.17µg (23.79%), Vitamin B12: 1.25µg (20.79%), Zinc: 3.12mg (20.77%), Copper: 0.41mg (20.62%), Iron: 3.7mg (20.58%), Vitamin E: 2.92mg (19.46%), Vitamin B5: 1.83mg (18.26%), Magnesium: 69.78mg (17.45%), Vitamin B6: 0.34mg (17.13%), Vitamin D: 2.36µg (15.75%), Potassium: 432.86mg (12.37%), Vitamin B1: 0.12mg (8.1%), Vitamin C: 5.36mg (6.5%), Fiber: 1.55g (6.21%), Vitamin B3: 0.46mg (2.28%)