



Sunday Brunch: Green Eggs and Ham

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 eggs beaten
- ☐ 0.5 pound ham (any type you like)
- ☐ 4 servings kosher salt black
- ☐ 0.5 cup milk
- ☐ 1 onion diced finely
- ☐ 3 cups pkt spinach frozen thawed drained

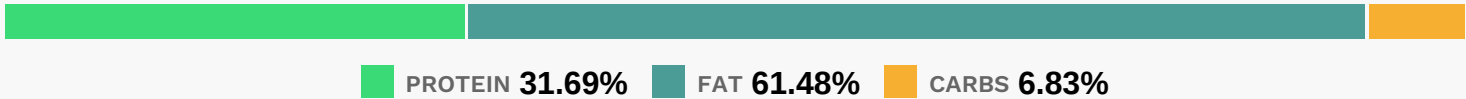
Equipment

☐ frying pan

Directions

- ☐ Melt butter in large skillet over medium low heat; add chopped onion and cook until just beginning to brown, about 6 minutes.
- ☐ Add thawed, drained spinach and cook for until heated through and mixed with onions, about 3 minutes. Season to taste with salt and pepper.
- ☐ In a separate skillet, fry sliced ham until just beginning to brown; remove from heat and keep warm.
- ☐ Beat eggs with milk and add to spinach, cooking over medium low heat, stirring continuously, until eggs are just set, about 8 minutes.
- ☐ Serve green eggs with slices of ham and toast.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:23.736086949058%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 323.19kcal (16.16%), Fat: 21.81g (33.55%), Saturated Fat: 8.54g (53.36%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.06g (3.39%), Cholesterol: 373.7mg (124.57%), Sodium: 1044.74mg (45.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.59%), Vitamin K: 109.39µg (104.18%), Selenium: 40.86µg (58.38%), Vitamin A: 2722.45IU (54.45%), Vitamin B2: 0.62mg (36.51%), Phosphorus: 346.22mg (34.62%), Vitamin B1: 0.42mg (28.23%), Vitamin B6: 0.46mg (23.03%), Folate: 92.04µg (23.01%), Vitamin B12: 1.32µg (21.95%), Zinc: 2.75mg (18.3%), Vitamin B5: 1.77mg (17.74%), Vitamin D: 2.49µg (16.62%), Iron: 2.7mg (15.02%), Potassium: 495.93mg (14.17%), Vitamin B3: 2.82mg (14.12%), Manganese: 0.27mg (13.58%), Calcium: 120.32mg (12.03%), Magnesium: 45.59mg (11.4%), Vitamin E: 1.69mg (11.25%), Vitamin C: 8.36mg (10.13%), Copper: 0.15mg (7.54%), Fiber: 0.96g (3.85%)