

# Eggs in Ham Cups

*DashRecipes.com*  
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## Servings: 4

*4 slices ham*  
*4 large eggs*  
*Kosher salt*  
*freshly ground black pepper*  
*grated Parmesan cheese*

## Preparation Time: 5 minutes

Preheat the oven to 350 degrees.

Mist a muffin tin with cooking spray and fit the ham slices into four cups, pressing the ham into the bottom of the cups. (The ham edges will stick out.)

Crack one egg into each ham cup. Season with salt and pepper and sprinkle with the Parmesan.

Bake until the whites are firm and the yolks are still a little runny, about 25 minutes.

Top with more Parmesan cheese.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 320 Calories; 19g Fat (55.6% calories from fat); 30g Protein; 5g Carbohydrate; 0g Dietary Fiber; 289mg Cholesterol; 1848mg Sodium. Exchanges: 4 1/2 Lean Meat; 1 Fat.

Breakfast

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	320	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	55.6%	<b>Vitamin B12 (mcg):</b>	1.8mcg
<b>% Calories from Carbohydrates:</b>	5.9%	<b>Thiamin B1 (mg):</b>	1.2mg
<b>% Calories from Protein:</b>	38.5%	<b>Riboflavin B2 (mg):</b>	.6mg
<b>Total Fat (g):</b>	19g	<b>Folacin (mcg):</b>	28mcg
<b>Saturated Fat (g):</b>	6g	<b>Niacin (mg):</b>	7mg
<b>Monounsaturated Fat (g):</b>	9g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0

<b>Cholesterol (mg):</b>	289mg
<b>Carbohydrate (g):</b>	5g
<b>Dietary Fiber (g):</b>	0g
<b>Protein (g):</b>	30g
<b>Sodium (mg):</b>	1848mg
<b>Potassium (mg):</b>	515mg
<b>Calcium (mg):</b>	35mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	3mg
<b>Vitamin C (mg):</b>	37mg
<b>Vitamin A (i.u.):</b>	244IU
<b>Vitamin A (r.e.):</b>	70RE

**% Daily Value** 0 0%

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	4 1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 320 Calories from Fat: 178

### % Daily Values\*

<b>Total Fat</b> 19g	30%
Saturated Fat 6g	31%
<b>Cholesterol</b> 289mg	96%
<b>Sodium</b> 1848mg	77%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber 0g	0%
<b>Protein</b> 30g	
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<b>Vitamin A</b>	5%
<b>Vitamin C</b>	62%
<b>Calcium</b>	4%
<b>Iron</b>	13%

\* Percent Daily Values are based on a 2000 calorie diet.