

Baked Eggs in Ham Cups

3 Ingredients, 6 serves, 20 Minutes Total Time

12 eggs

1 tablespoon oil*

150 grams ham (off the bone) (cut to fit into 12 muffin pan circles)

Instructions

- Preheat oven to 375°F/190C.
- Grease your muffin tray with oil and then line each cavity with slices of ham.
- Crack an egg into each muffin spot, and season with salt, pepper, and a dash of paprika (optional).
- Bake for 20 minutes.
- Allow to cool for two to three minutes, remove slowly from muffin tin.
- Serve.

Warnings

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	187
Total Fat	12g
Saturated Fat	4g
Cholesterol	342mg
Sodium	411mg
Total Carbohydrate	2g
Dietary Fibre	--
Sugars	--
Protein	15g
Calcium	55mg
Iron	2mg
Magnesium	16mg
Phosphorus	212mg
Potassium	193mg
Vitamin C	1mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	2mg