

# Ham and Egg Cups

50 Things to Make in a Muffin Pan  
Food Network Magazine - March 2016

6 slices Canadian bacon  
6 eggs  
salt (to taste)  
pepper (to taste)

Preheat the oven to 350 degrees.

Spray six muffin cups with non-stick cooking spray.

Make a cut from the edge to the center of the Canadian bacon slices. Press each slice into a muffin cup, overlapping as needed.

Crack one egg into each cup. Season with salt and pepper.

Bake to desired doneness, 12 to 14 minutes.

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Per Serving (excluding unknown items): 711 Calories; 42g Fat (54.6% calories from fat); 73g Protein; 5g Carbohydrate; 0g Dietary Fiber; 1357mg Cholesterol; 2817mg Sodium. Exchanges: 10 Lean Meat; 2 1/2 Fat.

Breakfast

## Per Serving Nutritional Analysis

|                                |        |
|--------------------------------|--------|
| Calories (kcal):               | 711    |
| % Calories from Fat:           | 54.6%  |
| % Calories from Carbohydrates: | 3.0%   |
| % Calories from Protein:       | 42.4%  |
| Total Fat (g):                 | 42g    |
| Saturated Fat (g):             | 13g    |
| Monounsaturated Fat (g):       | 17g    |
| Polyunsaturated Fat (g):       | 5g     |
| Cholesterol (mg):              | 1357mg |
| Carbohydrate (g):              | 5g     |
|                                | 0g     |

|                     |        |
|---------------------|--------|
| Vitamin B6 (mg):    | 1.1mg  |
| Vitamin B12 (mcg):  | 5.0mcg |
| Thiamin B1 (mg):    | 1.5mg  |
| Riboflavin B2 (mg): | 1.7mg  |
| Folacin (mcg):      | 151mcg |
| Niacin (mg):        | 11mg   |
| Caffeine (mg):      | 0mg    |
| Alcohol (kcal):     | 0      |
| % Daily Value:      | 0%     |

## Food Exchanges

0  
1

**Dietary Fiber (g):**  
**Protein (g):** 73g  
**Sodium (mg):** 2817mg  
**Potassium (mg):** 987mg  
**Calcium (mg):** 170mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 37mg  
**Vitamin A (i.u.):** 1464IU  
**Vitamin A (r.e.):** 420RE

**Grain (Starch):**  
**Lean Meat:** 10  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 711                      **Calories from Fat:** 388

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### % Daily Values\*

|                               |      |
|-------------------------------|------|
| <b>Total Fat</b> 42g          | 64%  |
| Saturated Fat 13g             | 65%  |
| <b>Cholesterol</b> 1357mg     | 452% |
| <b>Sodium</b> 2817mg          | 117% |
| <b>Total Carbohydrates</b> 5g | 2%   |
| Dietary Fiber 0g              | 0%   |
| <b>Protein</b> 73g            |      |
| <hr/>                         |      |
| <b>Vitamin A</b>              | 29%  |
| <b>Vitamin C</b>              | 62%  |
| <b>Calcium</b>                | 17%  |
| <b>Iron</b>                   | 37%  |

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