



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Ham and Egg Mushroom Cups · ·

Ham and Egg Mushroom Cups are a delicious and easy breakfast or brunch option. The recipe features mushrooms stuffed with ham and eggs, creating a flavorful and protein-packed dish. The cups are baked until the eggs are set and the mushrooms are tender. They can be enjoyed on their own or served with a side of toast or salad.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	Mushrooms
200 g	ham
4 pieces	Eggs
1 tsp	salt

0.5 tsp black pepper

2 tbsp Chives

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Remove the stems from the mushrooms and set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Chop the ham into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, whisk the eggs and season with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Plating

Place the mushroom caps on a baking sheet and fill each cap with a spoonful of chopped ham.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Pouring

Pour the whisked eggs over the ham-filled mushroom caps.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Oven

Bake in the preheated oven for 15-20 minutes or until the eggs are set.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Plating

Garnish with chopped chives before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 5 g

Protein: 14 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Kitchen Tools

Slow Cooker

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Passover

Thanksgiving

Halloween

Cost

\$10 to \$20

\$20 to \$30

Demographics

Kids Friendly

Difficulty Level

Medium

Visit our website: healthdor.com