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Ham, Egg, and Cheese Cupcake

The Ham, Egg, and Cheese Cupcake is a savory breakfast dish that combines ham, eggs, and cheese in a delicious cupcake form. It is a perfect grab-and-go breakfast option and can also be enjoyed as a snack or brunch item. The cupcakes are easy to make and can be customized with different types of ham and cheese to suit your taste.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Ham
6 pieces	Egg
150 g	cheddar cheese
200 g	flour

250 ml	milk
2 tsp	baking powder
1 tsp	salt
0.5 tsp	black pepper
10 g	Parsley

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grease a muffin tin or line with cupcake liners.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, whisk together the flour, baking powder, salt, and black pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

In a separate bowl, beat the eggs and milk together.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the egg mixture into the flour mixture and stir until well combined.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Mixing

Fold in the diced ham, grated cheddar cheese, and chopped parsley.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Spoon the batter into the prepared muffin tin, filling each cup about 2/3 full.

Prep Time: 3 mins

Cook Time: 0 mins

Step 8

Baking

Bake for 20-25 minutes, or until the cupcakes are golden brown and a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 25 mins

Step 9

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
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	2 mg	2.22%	2.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch

Difficulty Level

Easy

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