

# Baked Eggs in Ham Cups

From [Frisky Lemon](#) [2]

## Ingredients

1. 12 slices of ham (free of preservatives)
2. 12 eggs
3. Salt, pepper, and paprika

## Directions

1. Preheat oven to 375°F.
2. Line a muffin tin with slices of ham. Crack an egg into each muffin spot, and season with salt, pepper, and paprika. Bake for 20 minutes.
3. Allow to cool for two to three minutes, remove slowly from muffin tin, and enjoy!

<b>Nutrition Facts</b>	
Serving Size 1 serving (72.0 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 109	Calories from Fat 61
	<b>% Daily Value*</b>
<b>Total Fat</b> 6.8g	<b>10%</b>
Saturated Fat 2.2g	<b>11%</b>
<b>Cholesterol</b> 180mg	<b>60%</b>
<b>Sodium</b> 427mg	<b>18%</b>
<b>Total Carbohydrates</b> 1.4g	<b>0%</b>
Dietary Fiber 0.4g	<b>2%</b>
Sugars 0.3g	
<b>Protein</b> 10.2g	
Vitamin A 4%	Vitamin C 2%
Calcium 3%	Iron 6%

\* Based on a 2000 calorie diet