

Fun Prosciutto Egg Cups



Preparation time: 25 mins

Serves: 12 people

User Rating: ★★★★★

Publication: 27 March 2018

Categories: Quick & Easy, Breakfast Recipes, Entertaining

This easy low-carb dish is perfect for breakfast or lunch, picnics, holiday brunch and the school/ work lunch box. Carb lovers can accompany with some crusty bread.



Ingredients

- ½ teaspoon extra virgin olive oil
- 12 slices (2 x 100g packs) thinly sliced prosciutto
- 2 egg tomatoes, sliced thickly
- 12 large eggs
- 1 cup (100g) grated cheese e.g. Swiss, Gruyere
- Salt flakes & freshly ground black pepper
- 2 tablespoons finely chopped parsley

Method

1. Preheat oven to 180°C.
2. Oil a 12 cup muffin pan, then ease a slice of prosciutto into each one, leaving 2cm above the pan edge. Ensure there are no holes where

egg could seep through.

- 3. Place a slice of tomato inside the prosciutto, then a spoonful of shredded cheese into each cup, then crack an egg into each on top of the cheese. Season with salt and pepper, and then sprinkle with chopped parsley.
- 4. Bake for 13 to 15 minutes, or until the eggs are cooked as desired. Serve hot or cold.

Recipe courtesy of Lyndey Milan, OAM

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
105g	709kj 169kcal	15.5g	11.5g	4.4g	0.8g	451g	451mg	0.3g

All nutrition values are per serve.