

Eggs in a Nest

50.36; 199.06

According to [this site](#), 1 pound diced ham is equal to 3 cups diced and 2 cups ground. So: 1/2 cup is equal to 2.666 ounces. Assuming 1/4 cup bread crumbs and 2 tablespoons butter for topping.

They're identical... duh.

1936 has 310 cal/serving and 1.5 cal/g; 2006 has 310 cal/serving and 1.5 cal/g

EGGS in a NEST.

4 Servings.

The following is a good sequel to a ham dinner.

Prepare:

2 cups Mashed Potatoes (page 161)
or soften:

2 cups cold mashed potatoes
with:

5 tablespoons hot milk

Add:

½ cup chopped ham or sautéed
minced bacon

3 tablespoons chopped parsley
Salt

Paprika

Celery seed . . .

~~every~~ seed (optional)
Place this mixture in a baking dish and
press 4 large hollows in it with a spoon.
Break into the hollows:

4 eggs

The top may be sprinkled with:

Bread crumbs

dotted with:

Butter

Bake the dish in a moderate oven 325°
until the eggs are firm, but not hard (for
about 12 minutes). If well seasoned, no
sauce is needed with this dish. It may
be served with Tomato Sauce (page 252).

DEVILED EGGS.

Prepare.

Eggs in a Nest 36

Number of Servings: 4 (206.81 g per serving)

Amount	Measure	Ingredient	Comments
2.00	cup	mashed potatoes, prepared from recipe with whole milk & butter	
5.00	Tbs	milk, whole, 3.25%	
2.67	oz	ham, cured, lean, 8% fat	
4.00	Irg	egg, raw	
0.25	cup	bread crumbs, plain, dry, grated	
2.00	Tbs	butter, salted	

Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	206.81	Vitamin D - IU (IU)	61.05
Calories (kcal)	309.96	Vitamin D - mcg (mcg)	1.45
Calories from Fat (kcal)	156.68	Vitamin E - Alpha-Toco (mg)	0.88
Calories from SatFat (kcal)	80.11	Folate (mcg)	40.86
Protein (g)	13.25	Folate, DFE (mcg)	44.7
Carbohydrates (g)	24.22	Vitamin K (mcg)	3.25
Dietary Fiber (g)	1.88	Pantothenic Acid (mg)	1.46
Soluble Fiber (g)	0	Calcium (mg)	90.12
Total Sugars (g)	3.02	Chromium (mcg)	2.44
Monosaccharides (g)	1.03	Copper (mg)	0.22
Disaccharides (g)	1.94	Fluoride (mg)	0
Other Carbs (g)	19.32	Iodine (mcg)	26.5
Fat (g)	17.51	Iron (mg)	1.65
Saturated Fat (g)	8.9	Magnesium (mg)	33.25
Mono Fat (g)	5.41	Manganese (mg)	0.2
Poly Fat (g)	1.73	Molybdenum (mcg)	8.5
Trans Fatty Acid (g)	0.41	Phosphorus (mg)	219.7
Cholesterol (mg)	224.74	Potassium (mg)	463.41
Water (g)	148.48	Selenium (mcg)	21.75
Vitamin A - IU (IU)	623.21	Sodium (mg)	748.59
Vitamin A - RAE (RAE)	177.42	Zinc (mg)	1.49
Carotenoid RE (RE)	4.7	Omega 3 Fatty Acid (g)	0.16
Retinol RE (RE)	175.07	Omega 6 Fatty Acid (g)	1.54
Beta-Carotene (mcg)	22	Alcohol (g)	0
Vitamin B1 (mg)	0.35	Caffeine (mg)	0
Vitamin B2 (mg)	0.38	Choline (mg)	179.33
Vitamin B3 (mg)	2.59		
Vitamin B3 - Niacin Equiv (mg)	5.53		
Vitamin B6 (mg)	0.41		
Vitamin B12 (mcg)	0.79		
Biotin (mcg)	10.07		
Vitamin C (mg)	6.3		

EGGS IN A NEST

4 servings

Delicious unadorned or with Tomato Sauce, 562.

Preheat the oven to 375°F. Have ready:

4 eggs

Mix together:

2 cups Mashed Potatoes, 295

5 tablespoons milk

1/2 cup chopped ham or crumbled cooked bacon

3 tablespoons chopped parsley

1/4 teaspoon paprika

Salt to taste

Spread the mixture in the bottom of a greased baking dish. Make 4 large hollows in it with a tablespoon. Break 1 egg into each hollow. Sprinkle the top with:

Au Gratin I, 961

Bake until the eggs are set but not hard, about 22 minutes.

ABOUT OMELETS

Andrew Carnegie once counseled: "Put all your eggs in one basket. Then watch that basket!" When the container is a skillet and the objective an omelet, his advice is especially apt. The name "omelet" is loosely applied to many kinds of egg dishes, but there are four basic types of omelets: French, firm, flat, and souffléed. All are made

Eggs in a Nest 06

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