

Hemenex

Cuisine: **Czech**

Food category: **Breakfast**



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Company: **Retigo**



Program steps

Preheating: **180 °C**

1 Hot air 10 % Termination by time 00:04 175 °C 80 %

Ingredients - number of portions - 10

Name	Value	Unit
chicken eggs	10	pcs
butter soft	100	g
ham slices	300	g
salt	12	g
sprig of parsley	7	g

Nutrition and allergens

Allergens: 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	127.7 kJ
Carbohydrate	0.2 g
Fat	11.6 g
Protein	5.5 g
Water	0 g

Directions

In a buttered frying pan Retigo Vision Snack, we place slices of ham, crack in an egg, which we lightly salt and bake in the convection oven.

Recommended accessories



Vision Snack