

# Ham and Egg Crepe Squares

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-breakfast-crepe-recipe>

## Ingredients:

- 4 crepes Simple
- 8 slices Black Forest ham
- 4 large eggs
- coarse salt
- ground pepper
- chopped fresh chives

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 235 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 440 milligrams
9. Sugar: 1 grams

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