

# Hemenex

Cuisine: **Czech**  
Food category: **Breakfast**



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## Program steps

Preheating: 180 °C

1

 Hot air

 10 %

 Termination by time

 00:04  
hh:mm

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

Put slices of ham on a buttered Retigo Vision Snack frying pan, beat an egg, lightly salt it and bake it in a convection oven.

## Recommended accessories



Vision Snack