



Cheesy Baked Ham Roll-Ups

READY IN



70 min.

SERVINGS



12

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp pepper black
- 8 oz four cheese shredded with a touch of philadelphia mexican style kraft
- 9 oz oscar mayer deli honey ham fresh
- 12 eggs
- 1 cup milk
- 2 plum tomatoes sliced
- 24 slices bread white

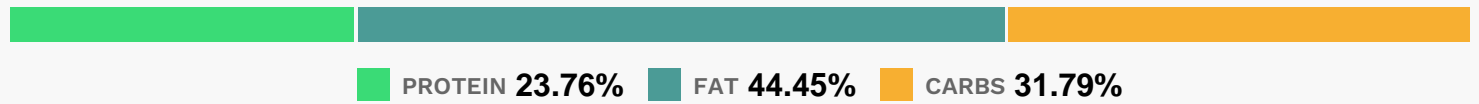
Equipment

- oven
- knife
- whisk
- baking pan

Directions

- Top bread slices with ham; roll up.
- Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray.
- Whisk eggs, milk and pepper until blended; pour over roll-ups. Refrigerate overnight.
- Heat oven to 350F. Top roll-ups with cheese and tomatoes.
- Bake (uncovered) 45 to 50 min. or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:17.48, Glycemic Load:18.14, Inflammation Score:-5, Nutrition Score:14.987391197163%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 340.97kcal (17.05%), Fat: 16.65g (25.61%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 25.49g (9.27%), Sugar: 4.15g (4.61%), Cholesterol: 198.2mg (66.07%), Sodium: 685.23mg (29.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.03%), Selenium: 35.67µg (50.96%), Phosphorus: 298.83mg (29.88%), Calcium: 291.66mg (29.17%), Vitamin B2: 0.48mg (28.33%), Vitamin B1: 0.42mg (27.98%), Folate: 82.35µg (20.59%), Vitamin B3: 3.45mg (17.28%), Manganese: 0.34mg (16.82%), Zinc: 2.3mg (15.31%), Iron: 2.7mg (15.01%), Vitamin B12: 0.84µg (13.96%), Vitamin B5: 1.2mg (12.04%), Vitamin B6: 0.24mg (11.78%), Vitamin A: 546.95IU (10.94%), Vitamin D: 1.37µg (9.11%), Magnesium: 31.64mg (7.91%), Potassium: 250.68mg (7.16%), Copper: 0.13mg (6.25%), Vitamin E: 0.86mg (5.71%), Fiber: 1.3g (5.18%), Vitamin C: 1.42mg (1.72%), Vitamin K: 1.7µg (1.62%)