



Cheesy Ham and Asparagus Bake

READY IN



60 min.

SERVINGS



12

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce cut asparagus frozen thawed
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups ham cooked chopped
- ☐ 0.8 teaspoon tarragon dried
- ☐ 8 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.3 cup bell peppers red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 cup cheddar cheese shredded

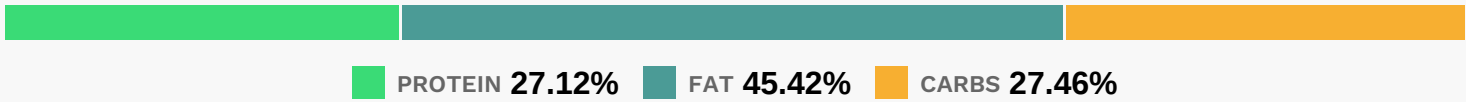
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Mix the ham, onion, red bell peppers, and asparagus in the prepared baking dish. In a large bowl, beat together the eggs, milk, flour, Parmesan, tarragon, salt, and pepper.
- ☐ Pour over the ham mixture.
- ☐ Bake 20 minutes in the preheated oven, or until a knife inserted in the center comes out clean.
- ☐ Sprinkle with Cheddar cheese. Continue baking 3 to 5 minutes, or until cheese is melted.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:6.89, Inflammation Score:-5, Nutrition Score:10.869565279587%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 181.28kcal (9.06%), Fat: 9.11g (14.02%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 11.4g (4.15%), Sugar: 2.98g (3.31%), Cholesterol: 135.54mg (45.18%), Sodium: 464.8mg (20.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.48%), Selenium: 20.09µg (28.7%), Phosphorus: 223.53mg (22.35%), Vitamin B2: 0.36mg (21.38%), Calcium: 163.15mg (16.32%), Vitamin B1: 0.23mg (15.56%), Vitamin B12: 0.81µg (13.46%), Folate: 50.71µg (12.68%), Vitamin A: 618.29IU (12.37%), Vitamin C: 9.14mg (11.08%), Vitamin K: 10.65µg (10.14%), Zinc: 1.52mg (10.14%), Iron: 1.72mg (9.58%), Vitamin B5: 0.9mg (9%), Vitamin B6: 0.17mg (8.27%), Manganese: 0.16mg (8.03%), Vitamin B3: 1.47mg (7.35%), Vitamin D: 1.1µg (7.34%), Potassium: 232.32mg (6.64%), Magnesium: 21.86mg (5.46%), Copper: 0.11mg (5.32%), Vitamin E: 0.73mg (4.89%), Fiber: 0.99g (3.94%)