



Easy Ham and Swiss Pie Casserole

READY IN



40 min.

SERVINGS



8

CALORIES



533 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound bacon
- 1 cup baking mix
- 1.5 cups ham diced cooked
- 4 eggs lightly beaten
- 1 onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded
- 2 cups swiss cheese shredded

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13 inch baking dish with cooking spray.
- Place bacon in a skillet over medium-high heat, and cook until crisp and evenly brown.
- Drain, crumble and set aside.
- Mix the bacon, ham, Swiss cheese, Cheddar cheese, and onion in the baking dish. In a bowl, mix the eggs, baking mix, salt, and pepper.
- Pour over the ingredients in the baking dish.
- Bake 25 minutes in the preheated oven, until top is golden brown and a knife inserted in the center of the casserole comes out clean.

Nutrition Facts

 **PROTEIN 19.57%**  **FAT 71.02%**  **CARBS 9.41%**

Properties

Glycemic Index:14.13, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:15.681304459986%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 533.06kcal (26.65%), Fat: 41.71g (64.17%), Saturated Fat: 16.82g (105.09%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 11.87g (4.32%), Sugar: 2.46g (2.73%), Cholesterol: 174.26mg (58.09%), Sodium: 1130.94mg

(49.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.86g (51.72%), Selenium: 35.67µg (50.95%), Phosphorus: 498.58mg (49.86%), Calcium: 386.97mg (38.7%), Vitamin B12: 1.8µg (30.03%), Vitamin B1: 0.38mg (25.15%), Vitamin B2: 0.41mg (24.14%), Zinc: 3.24mg (21.59%), Vitamin B3: 3.77mg (18.86%), Vitamin B6: 0.3mg (14.96%), Vitamin B5: 1.16mg (11.61%), Vitamin A: 506.63IU (10.13%), Folate: 37.74µg (9.44%), Magnesium: 31.85mg (7.96%), Potassium: 277.59mg (7.93%), Vitamin C: 6mg (7.27%), Iron: 1.31mg (7.26%), Copper: 0.11mg (5.53%), Manganese: 0.1mg (5.11%), Vitamin E: 0.77mg (5.1%), Vitamin D: 0.75µg (5.01%), Fiber: 0.56g (2.26%), Vitamin K: 1.92µg (1.82%)