



Gentlemen's Casserole

READY IN



31 min.

SERVINGS



2

CALORIES



1197 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup finely-chopped ham cooked chopped
- ☐ 4 large eggs lightly beaten
- ☐ 1 tablespoon spring onion chopped
- ☐ 2 servings spring onion chopped
- ☐ 0.3 cup gruyere cheese grated
- ☐ 2 servings gruyere cheese
- ☐ 1 Dash paprika
- ☐ 10 oz puff pastry shells frozen

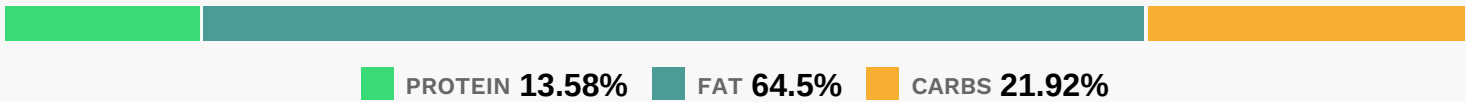
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Bake 4 pastry shells according to package directions. Reserve remaining shells for another use.
- ☐ Melt butter in a medium-size nonstick skillet over medium heat; add ham and green onions. Saut 2 minutes or until green onions are tender.
- ☐ Add eggs, and cook, without stirring, 1 to 2 minutes or until eggs begin to set on bottom. Gently draw cooked edges away from sides of pan to form large pieces. Cook, stirring occasionally, 1 to 2 minutes or until eggs are thickened and moist. (Do not over stir.) Gently fold in Gruyre Cheese Sauce.
- ☐ Spoon egg mixture into prepared pastry shells.
- ☐ Sprinkle with cheese and paprika.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Chicken-and-White Cheddar Casserole: Substitute extra-sharp white Cheddar cheese for Gruyre, Cheddar Cheese Sauce for Gruyre Cheese Sauce, and chopped cooked chicken for ham. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:92.5, Glycemic Load:34.75, Inflammation Score:-8, Nutrition Score:31.301304236702%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 1197.35kcal (59.87%), Fat: 85.67g (131.8%), Saturated Fat: 29.51g (184.43%), Carbohydrates: 65.51g (21.84%), Net Carbohydrates: 63.13g (22.96%), Sugar: 1.81g (2.01%), Cholesterol: 451.95mg (150.65%), Sodium: 1090.97mg (47.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.58g (81.17%), Selenium: 75.6µg (108%), Phosphorus: 624.53mg (62.45%), Vitamin B2: 1.04mg (61.35%), Calcium: 549.23mg (54.92%), Vitamin B1: 0.74mg (49.16%), Folate: 168.77µg (42.19%), Vitamin K: 43.54µg (41.46%), Manganese: 0.75mg (37.58%), Vitamin B3: 6.76mg (33.78%), Iron: 5.76mg (32.02%), Vitamin B12: 1.91µg (31.86%), Zinc: 4.32mg (28.79%), Vitamin A: 1271.52IU (25.43%), Vitamin B5: 1.97mg (19.74%), Vitamin D: 2.28µg (15.19%), Vitamin B6: 0.29mg (14.62%), Vitamin E: 2.17mg (14.48%), Magnesium: 57.4mg (14.35%), Copper: 0.28mg (13.89%), Potassium: 342.71mg (9.79%), Fiber: 2.38g (9.51%), Vitamin C: 6.08mg (7.37%)