



## Ham and Asparagus Brunch Bake

READY IN



55 min.

SERVINGS



15

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 2 pounds asparagus fresh ends trimmed
- 3 cups biscuit baking mix bisquick® (such as )
- 1 cup forest ham black cubed fully-cooked
- 1 teaspoon tarragon dried
- 2 eggs
- 0.5 teaspoon ground pepper black
- 1.5 cups milk
- 1 teaspoon ground mustard dry
- 1 onion diced

1 cup parmesan cheese divided

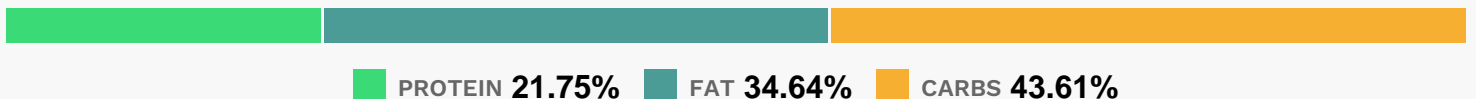
## Equipment

- bowl
- oven
- whisk
- baking pan
- toothpicks

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Grease a 9x13-inch baking dish.
- Combine baking mix, tarragon, dry mustard, and black pepper in a bowl.
- Whisk eggs and milk together in a separate bowl; pour the egg mixture into the baking mix and seasonings, and whisk until smooth.
- Pour half the batter into the bottom of the prepared baking dish.
- Arrange half the asparagus spears over the batter.
- Top asparagus spears with ham and onion; sprinkle on 1/2 cup of Parmesan cheese.
- Pour the remaining batter over the Parmesan cheese, and arrange the remaining asparagus spears on top.
- Sprinkle casserole with remaining 1/2 cup Parmesan cheese.
- Bake in the preheated oven until the casserole is golden brown and a toothpick inserted into the center comes out clean, 35 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.07, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:10.410434847293%

## Flavonoids

Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg

## Nutrients (% of daily need)

Calories: 185.03kcal (9.25%), Fat: 7.18g (11.04%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 18.39g (6.69%), Sugar: 6.07g (6.74%), Cholesterol: 38.28mg (12.76%), Sodium: 595.66mg (25.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.29%), Phosphorus: 258.13mg (25.81%), Vitamin K: 27.07µg (25.78%), Calcium: 173.56mg (17.36%), Folate: 66.66µg (16.66%), Vitamin B1: 0.25mg (16.53%), Vitamin B2: 0.28mg (16.29%), Iron: 2.39mg (13.29%), Vitamin A: 587.61IU (11.75%), Manganese: 0.21mg (10.65%), Selenium: 7.28µg (10.4%), Vitamin B3: 1.76mg (8.79%), Copper: 0.16mg (8.17%), Potassium: 273.78mg (7.82%), Fiber: 1.94g (7.77%), Vitamin B5: 0.6mg (6%), Vitamin B12: 0.36µg (5.96%), Vitamin B6: 0.12mg (5.85%), Magnesium: 22.84mg (5.71%), Zinc: 0.86mg (5.71%), Vitamin E: 0.81mg (5.41%), Vitamin C: 4.08mg (4.94%), Vitamin D: 0.42µg (2.79%)