



Ham and Cheddar Torta

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz broccoli frozen thawed drained
- 15 oz cannellini beans rinsed mashed drained canned
- 1.5 cups finely-chopped ham diced cooked
- 3 eggs slightly beaten
- 0.3 cup salad dressing italian
- 1 cup milk
- 4 oz cheddar cheese shredded
- 1.3 cups frangelico

- 2 tablespoons frangelico
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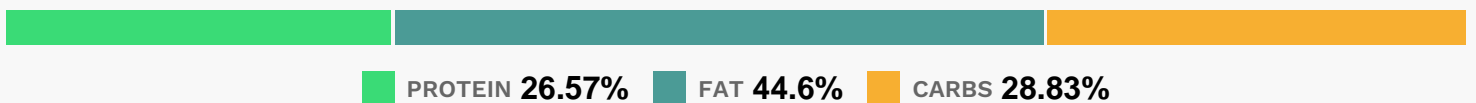
Equipment

- bowl
- frying pan
- oven
- knife
- springform pan

Directions

- Heat oven to 375F. In small bowl, stir together 1 1/3 cups Bisquick mix, the beans and dressing.
- Spread in bottom and 2 inches up side of ungreased 9x3-inch springform pan.
- Bake 10 to 12 minutes or until set.
- Layer ham, broccoli and cheese over crust. In small bowl, stir milk, 2 tablespoons Bisquick mix and the eggs until blended; pour over cheese.
- Bake 55 to 60 minutes or until golden brown and knife inserted near center comes out clean.
- Let stand 10 minutes. Loosen edge of torta from side of pan; remove side of pan.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:5, Inflammation Score:-7, Nutrition Score:20.224782653477%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 301.65kcal (15.08%), Fat: 15.09g (23.21%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 17.44g (6.34%), Sugar: 4.44g (4.93%), Cholesterol: 126.24mg (42.08%), Sodium: 643.8mg (27.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.46%), Vitamin C: 44.57mg (54.02%), Vitamin K: 53.38µg (50.84%), Phosphorus: 348.2mg (34.82%), Selenium: 20.93µg (29.9%), Calcium: 271.08mg (27.11%), Manganese: 0.48mg (24.07%), Vitamin B2: 0.38mg (22.54%), Folate: 88.01µg (22%), Vitamin B1: 0.29mg (19.17%), Potassium: 652.41mg (18.64%), Zinc: 2.75mg (18.34%), Fiber: 4.51g (18.03%), Iron: 3.12mg (17.33%), Vitamin B12: 1.01µg (16.9%), Magnesium: 64.28mg (16.07%), Vitamin B6: 0.28mg (14.17%), Vitamin A: 643.68IU (12.87%), Copper: 0.24mg (12.12%), Vitamin B5: 1.19mg (11.88%), Vitamin E: 1.57mg (10.47%), Vitamin B3: 1.44mg (7.21%), Vitamin D: 1µg (6.67%)