



Ham-and-Cheese Croissant Casserole

READY IN



555 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz ham cooked chopped
- ☐ 15 inch croissants
- ☐ 1 tablespoon mustard dry
- ☐ 6 large eggs
- ☐ 1 cup half-and-half
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 5 oz swiss cheese shredded

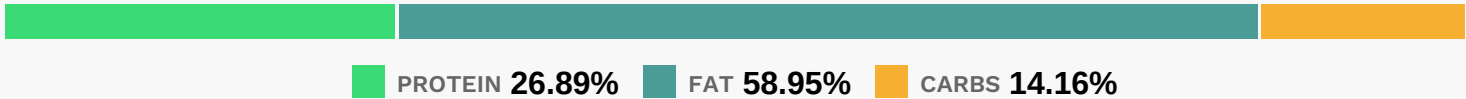
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Cut croissants in half lengthwise, and cut each half into 4 to 5 pieces.
- ☐ Place croissant pieces in a lightly greased 10-inch deep-dish pie plate. Top with ham and cheese.
- ☐ Whisk together eggs, next 5 ingredients, and, if desired, nutmeg in a large bowl.
- ☐ Pour egg mixture over mixture in pie plate, pressing croissants down to submerge in egg mixture. Cover tightly, and chill 8 to 24 hours.
- ☐ Preheat oven to 32
- ☐ Bake, covered, 35 minutes. Uncover and bake 25 to 30 minutes or until browned and set.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:4.96, Inflammation Score:-4, Nutrition Score:14.425652291464%

Nutrients (% of daily need)

Calories: 326.91kcal (16.35%), Fat: 21.36g (32.86%), Saturated Fat: 10.11g (63.2%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 11.18g (4.07%), Sugar: 8.4g (9.33%), Cholesterol: 253.94mg (84.65%), Sodium: 794.53mg (34.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.85%), Selenium: 35.17µg (50.24%), Phosphorus: 400.17mg (40.02%), Vitamin B12: 1.78µg (29.64%), Calcium: 290.41mg (29.04%), Vitamin B2: 0.49mg (28.8%), Zinc: 2.81mg (18.76%), Vitamin B1: 0.27mg (17.95%), Vitamin B5: 1.39mg (13.86%), Vitamin A: 657.38IU (13.15%), Vitamin B6: 0.23mg (11.45%), Vitamin C: 9.3mg (11.27%), Folate: 35.62µg (8.9%), Iron: 1.53mg (8.5%), Vitamin B3: 1.64mg (8.22%), Magnesium: 31.53mg (7.88%), Potassium: 267.23mg (7.64%), Vitamin D: 1µg (6.67%), Vitamin E: 0.88mg (5.88%), Copper: 0.11mg (5.57%), Manganese: 0.11mg (5.51%), Fiber: 0.36g (1.45%), Vitamin K: 1.46µg (1.39%)