



WHATSheATE



Ham and Cheese Salad Bowl



Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



9 oz peas sweet frozen



0.3 cup butter



2 cups finely-chopped ham cubed cooked



4 eggs



2 tablespoons onion chopped



0.8 cup salad dressing



4 oz cheddar cheese shredded



0.7 cup water

- ☐ 1.5 teaspoons mustard yellow
- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

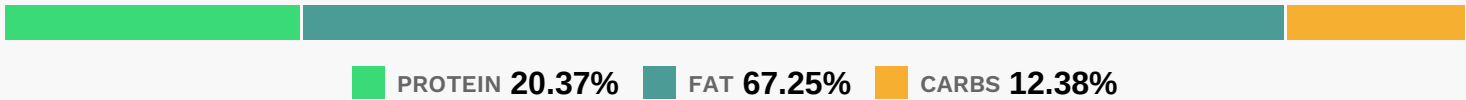
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Cook and drain peas as directed on box; cool. In large bowl, mix peas and remaining salad filling ingredients. Cover; refrigerate at least 1 hour.
- ☐ Heat oven to 400F. Generously grease bottom and side of 9-inch pie plate with shortening or cooking spray.
- ☐ In 2-quart saucepan, heat water and butter to boiling.
- ☐ Add Bisquick mix all at once; reduce heat to low and stir vigorously over low heat about 1 minute 30 seconds or until mixture forms a ball.
- ☐ Remove from heat; beat in eggs, one at a time, with spoon. Continue beating until smooth.
- ☐ Spread in bottom of pie plate (do not spread up side).
- ☐ Bake uncovered 30 to 35 minutes or until puffed and dry in center. Cool 30 minutes. Just before serving, fill with salad filling.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:21.72, Glycemic Load:1.84, Inflammation Score:-7, Nutrition Score:15.321304466413%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 350.23kcal (17.51%), Fat: 26.11g (40.17%), Saturated Fat: 7.67g (47.93%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 8.28g (3.01%), Sugar: 5.91g (6.57%), Cholesterol: 155.52mg (51.84%), Sodium: 998.52mg (43.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.59%), Selenium: 23.61µg (33.72%), Vitamin C: 26.17mg (31.73%), Phosphorus: 309.45mg (30.95%), Vitamin K: 27.57µg (26.26%), Vitamin B1: 0.34mg (22.71%), Vitamin B2: 0.37mg (21.67%), Vitamin A: 1022.94IU (20.46%), Calcium: 171.94mg (17.19%), Vitamin B12: 1µg (16.7%), Zinc: 2.48mg (16.51%), Vitamin B6: 0.26mg (12.79%), Folate: 47.34µg (11.84%), Vitamin B3: 2.31mg (11.55%), Manganese: 0.22mg (11.04%), Fiber: 2.53g (10.14%), Vitamin E: 1.45mg (9.64%), Vitamin B5: 0.92mg (9.17%), Iron: 1.59mg (8.84%), Potassium: 300.02mg (8.57%), Magnesium: 33.51mg (8.38%), Copper: 0.16mg (7.86%), Vitamin D: 0.7µg (4.67%)