



Ham and Cheese Sandwich Bake

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup milk
- 2 tablespoons mustard
- 1 eggs
- 6 ounces finely-chopped ham lean fully cooked thinly sliced chopped
- 4 ounces cheddar cheese shredded
- 2 cups frangelico

Equipment

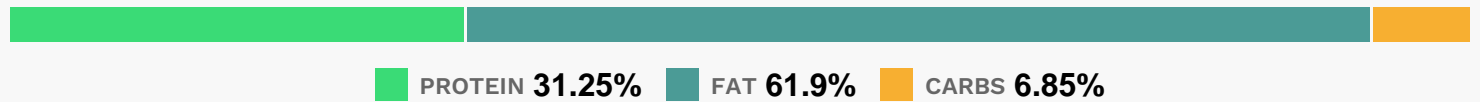
- oven

baking pan

Directions

- Heat oven to 350°. Grease square baking dish, 8x8x2 inches.
- Mix baking mix, milk, mustard and egg until blended.
- Pour half of the batter into baking dish. Top with half of the ham and 1/2 cup of the cheese. Top with remaining ham.
- Pour remaining batter over ham.
- Bake 45 to 50 minutes or until golden brown and set.
- Sprinkle with remaining 1/2 cup cheese.
- Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:7.6530434981636%

Nutrients (% of daily need)

Calories: 157.29kcal (7.86%), Fat: 10.75g (16.54%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.46g (0.9%), Sugar: 2.12g (2.35%), Cholesterol: 71.75mg (23.92%), Sodium: 531.91mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.43%), Phosphorus: 230.33mg (23.03%), Selenium: 15.69µg (22.41%), Calcium: 192.6mg (19.26%), Vitamin B12: 0.88µg (14.75%), Vitamin B2: 0.24mg (14.34%), Vitamin B1: 0.19mg (12.73%), Zinc: 1.62mg (10.79%), Vitamin C: 6.63mg (8.03%), Vitamin B6: 0.13mg (6.32%), Vitamin B5: 0.6mg (6.05%), Vitamin A: 298.4IU (5.97%), Vitamin B3: 1.09mg (5.47%), Potassium: 172.83mg (4.94%), Magnesium: 19.22mg (4.8%), Vitamin D: 0.71µg (4.72%), Iron: 0.48mg (2.66%), Copper: 0.05mg (2.4%), Folate: 8.62µg (2.15%), Manganese: 0.04mg (1.99%), Vitamin E: 0.26mg (1.71%)