

## Ham and Egg Tart

READY IN



40 min.

SERVINGS



10

CALORIES



185 kcal

### Ingredients

- 1 tablespoon butter
- 1 tablespoon chives minced
- 1 cup finely-chopped ham cubed fully cooked
- 4 eggs
- 0.5 cup milk
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 8 ounces regular crescent rolls refrigerated
- 0.5 teaspoon salt
- 4 ounces swiss cheese shredded

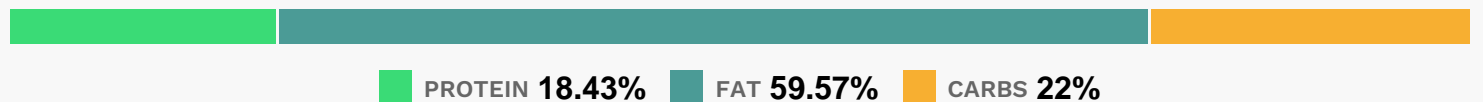
## Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

## Directions

- In a skillet, saute onion in butter until tender.
- Remove from the heat; stir in ham and set aside. Unroll crescent roll dough into one long rectangle. Press onto the bottom and 1 in. up the sides of a greased 13-in. x 9-in. baking dish; seal seams and perforations.
- Spread with reserved ham mixture. In a bowl, beat eggs, milk, salt and pepper; stir in cheese.
- Pour over ham.
- Sprinkle with chives.
- Bake at 375° for 23–28 minutes or until a knife inserted in center comes out clean. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:21.9, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:5.1508695496165%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 185.12kcal (9.26%), Fat: 12.46g (19.17%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 10.26g (3.73%), Sugar: 3.1g (3.44%), Cholesterol: 88.74mg (29.58%), Sodium: 484.61mg (21.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.35%), Selenium: 11.33µg (16.18%), Phosphorus: 147.01mg (14.7%), Calcium: 128.29mg (12.83%), Vitamin B12: 0.73µg (12.11%), Vitamin B2: 0.16mg (9.44%), Zinc: 1.04mg (6.9%), Vitamin A: 257.32IU (5.15%), Vitamin B1: 0.08mg (5.15%), Vitamin B5: 0.47mg (4.71%), Iron: 0.72mg (4.02%), Vitamin B6: 0.08mg (3.98%), Vitamin C: 3.1mg (3.76%), Vitamin D: 0.49µg (3.24%), Folate: 10.76µg (2.69%), Magnesium: 10.33mg (2.58%), Potassium: 90.14mg (2.58%), Vitamin B3: 0.44mg (2.21%), Vitamin E: 0.29mg (1.96%), Copper: 0.03mg (1.69%), Manganese: 0.02mg (1.21%), Vitamin K: 1.08µg (1.03%)