



## Ham and Pineapple Bake

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

### Ingredients

- 4 oz monterrey jack cheese shredded
- 1.5 cups finely-chopped ham fully cooked chopped
- 2 eggs
- 0.3 cup spring onion sliced
- 1 cup milk
- 8 oz pineapple rings crushed drained canned
- 2 teaspoons mustard yellow
- 1 cup frangelico

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## Equipment

bowl

oven

knife

## Directions

Heat oven to 400F. Spray 9-inch glass pie plate with cooking spray.

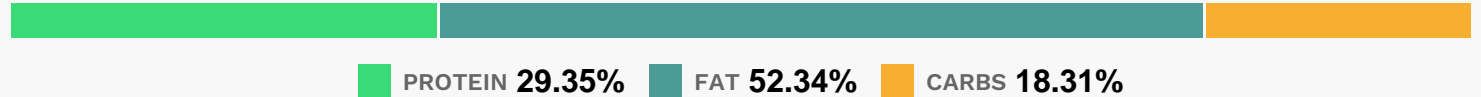
Sprinkle ham, pineapple and onions in pie plate. In medium bowl, stir Bisquick mix, milk, eggs and mustard until blended; pour over ham mixture.

Bake uncovered about 25 minutes or until knife inserted in center comes out clean.

Sprinkle with cheese.

Bake 3 to 4 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:9.2052174236463%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 182.99kcal (9.15%), Fat: 10.68g (16.43%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.74g (2.81%), Sugar: 7.62g (8.46%), Cholesterol: 96.88mg (32.29%), Sodium: 495.34mg (21.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.47g (26.95%), Phosphorus: 242.51mg (24.25%), Calcium: 211.02mg (21.1%), Selenium: 14.35µg (20.5%), Vitamin B2: 0.28mg (16.26%), Vitamin B12: 0.91µg (15.09%), Vitamin B1: 0.23mg (15.01%), Vitamin C: 10.93mg (13.24%), Zinc: 1.62mg (10.78%), Vitamin K: 9.55µg (9.1%), Vitamin B6: 0.17mg (8.45%), Vitamin A: 352.04IU (7.04%), Potassium: 236.8mg (6.77%), Vitamin B5: 0.67mg (6.71%), Magnesium: 24.98mg (6.24%), Vitamin B3: 1.21mg (6.07%), Vitamin D: 0.85µg (5.69%), Copper: 0.09mg (4.72%), Iron: 0.83mg (4.59%), Folate: 15.82µg (3.95%), Fiber: 0.67g (2.69%), Manganese: 0.03mg (1.74%), Vitamin E: 0.26mg (1.73%)