



Ham and Swiss Cheese Bake

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- 0.3 cup dijon honey mustard
- 0.3 cup milk
- 12 oz finely-chopped ham cubed cooked
- 0.3 cup spring onion sliced
- 0.3 cup bell pepper red chopped
- 0.3 cup cream sour
- 4 oz swiss cheese shredded
- 2 cups frangelico

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 450°F. Spray 13x9-inch pan with cooking spray. In medium bowl, stir Bisquick mix, mustard and milk until soft dough forms; press on bottom of pan.
- Bake 8 to 10 minutes or until crust is golden brown.
- In medium bowl, mix ham, onions, bell pepper and sour cream; spread over crust.
- Sprinkle with cheese.
- Bake uncovered 5 to 6 minutes or until mixture is hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:8.1247826762821%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 162.36kcal (8.12%), Fat: 9.37g (14.42%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.49g (2%), Sugar: 3.08g (3.42%), Cholesterol: 49.69mg (16.56%), Sodium: 576.03mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.9%), Phosphorus: 223.63mg (22.36%), Vitamin C: 16.52mg (20.02%), Selenium: 13.17µg (18.81%), Vitamin B12: 1.1µg (18.29%), Vitamin B1: 0.24mg (15.89%), Calcium: 151.05mg (15.1%), Zinc: 1.66mg (11.05%), Vitamin B2: 0.18mg (10.4%), Vitamin B3: 1.6mg (7.99%), Vitamin B6: 0.14mg (7.17%), Vitamin A: 355.84IU (7.12%), Vitamin K: 7.03µg (6.7%), Vitamin B5: 0.51mg (5.11%), Potassium: 172.24mg (4.92%), Magnesium: 16.73mg (4.18%), Copper: 0.06mg (3%), Iron: 0.45mg (2.51%), Folate: 7.12µg (1.78%), Manganese: 0.03mg (1.61%), Vitamin E: 0.21mg (1.39%)