



Ham-and-Tomato Pie

READY IN



48 min.

SERVINGS



6

CALORIES



1522 kcal

Ingredients

- ☐ 1 sprigs garnishes: basil tomato fresh
- ☐ 8 oz ham diced cooked
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.5 cup green onions sliced (4 onions)
- ☐ 0.3 cup half-and-half
- ☐ 0.1 teaspoon pepper
- ☐ 2 medium plum tomatoes thinly sliced
- ☐ 4 oz mozzarella cheese shredded divided

☐ 9 inch unbaked pie shell frozen

Equipment

☐ frying pan

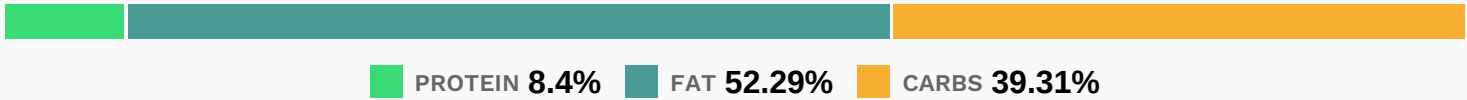
☐ oven

☐ wire rack

Directions

- ☐ Saut ham and green onions in a large nonstick skillet over medium heat 5 minutes or until ham is brown and any liquid evaporates.
- ☐ Brush bottom of pie shell evenly with mustard; sprinkle with 1/2 cup mozzarella cheese. Spoon ham mixture evenly over cheese, and top with single layer of sliced tomatoes.
- ☐ Beat egg and half-and-half with a fork until blended; pour over tomatoes.
- ☐ Sprinkle evenly with basil, pepper, and remaining 1/2 cup cheese.
- ☐ Bake on lowest oven rack at 425 for 20 to 23 minutes or until lightly browned and set. Cool on a wire rack 20 minutes.
- ☐ Cut into wedges to serve; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:29.216521807339%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 1521.76kcal (76.09%), Fat: 87.8g (135.08%), Saturated Fat: 28.83g (180.17%), Carbohydrates: 148.51g (49.5%), Net Carbohydrates: 140.42g (51.06%), Sugar: 1.57g (1.74%), Cholesterol: 78.23mg (26.08%), Sodium: 1832.63mg (79.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.44%), Manganese: 1.41mg

(70.42%), Vitamin B1: 1.06mg (70.37%), Folate: 225.62µg (56.4%), Vitamin B3: 9.67mg (48.34%), Iron: 8.59mg (47.73%), Selenium: 31.69µg (45.27%), Phosphorus: 433.55mg (43.35%), Vitamin B2: 0.73mg (42.95%), Vitamin K: 42.91µg (40.86%), Fiber: 8.09g (32.37%), Zinc: 2.99mg (19.94%), Calcium: 184.23mg (18.42%), Vitamin B12: 1.06µg (17.73%), Vitamin B5: 1.77mg (17.72%), Vitamin C: 13.4mg (16.25%), Magnesium: 64.49mg (16.12%), Copper: 0.3mg (15.01%), Vitamin B6: 0.3mg (14.93%), Potassium: 518.63mg (14.82%), Vitamin E: 1.71mg (11.38%), Vitamin A: 499.18IU (9.98%), Vitamin D: 0.24µg (1.62%)