



Ham & cheese bake

READY IN



60 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings butter for greasing
- ☐ 1 crusty baguette
- ☐ 90 g deli honey ham
- ☐ 140 g gruyere cheese grated
- ☐ 5 eggs
- ☐ 0.5 pint milk
- ☐ 284 ml single cream
- ☐ 1 tbsp dijon mustard

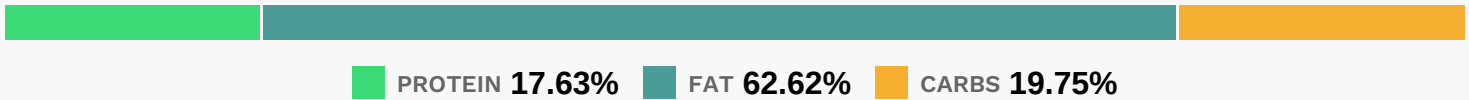
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Grease the bottom of a deep 20 x 30cm baking dish with a little butter. Tear or cut the baguette into bite-size pieces, then arrange over the bottom of the dish. Tuck the ham pieces and grated cheese between the gaps.
- ☐ Whisk together the eggs, milk, cream and mustard and pour over the bread. Cover and chill for at least 3 hrs or preferably overnight.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Bake for 40-45 mins until the top is crisp and golden and the egg mixture is cooked through. If the topping browns a little too quickly, cover with foil for the remainder of the cooking time.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.94, Glycemic Load:21.69, Inflammation Score:-8, Nutrition Score:22.897826093694%

Nutrients (% of daily need)

Calories: 722.81kcal (36.14%), Fat: 50.26g (77.32%), Saturated Fat: 27.57g (172.32%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 34.2g (12.44%), Sugar: 6.24g (6.93%), Cholesterol: 354.51mg (118.17%), Sodium: 1101.59mg (47.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.69%), Selenium: 40.62µg (58.04%), Calcium: 577.3mg (57.73%), Phosphorus: 536.91mg (53.69%), Vitamin B2: 0.77mg (45.58%), Vitamin B1: 0.6mg (39.98%), Vitamin A: 1578.79IU (31.58%), Vitamin B12: 1.66µg (27.75%), Folate: 100.18µg (25.05%), Zinc: 3.54mg (23.6%), Vitamin B3: 4.03mg (20.17%), Iron: 3.46mg (19.2%), Vitamin B5: 1.8mg (18.02%), Vitamin D: 2.55µg (16.99%), Manganese: 0.33mg (16.66%), Vitamin B6: 0.33mg (16.56%), Magnesium: 53.74mg (13.44%), Potassium: 411.22mg (11.75%), Vitamin E: 1.73mg (11.52%), Copper: 0.15mg (7.67%), Fiber: 1.47g (5.89%), Vitamin K: 5.51µg

(5.24%)