



Impossibly Easy Country Dijon Wild Rice and Ham Pie

 **Gluten Free**

READY IN



55 min.

SERVINGS



6

CALORIES



196 kcal

Ingredients

- 1 cup finely-chopped ham cubed cooked
- 0.5 cup bell pepper red chopped
- 0.5 cup rice wild cooked
- 4 oz swiss cheese shredded
- 0.1 teaspoon pepper
- 1 cup milk
- 0.3 cup chives sour (from 12-oz container)
- 1 tablespoon dijon mustard country-style

- 2 eggs
- 3 tablespoons almonds sliced
- 1 serving chives fresh
- 0.7 cup frangelico

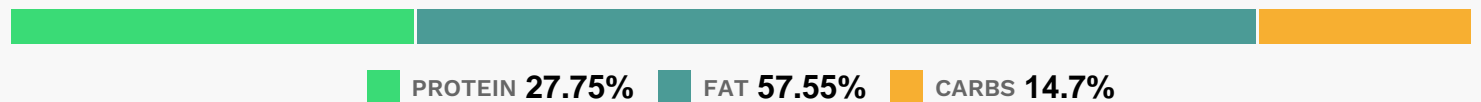
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- Layer ham, bell pepper, wild rice and cheese in pie plate.
- In medium bowl, mix remaining ingredients except almonds with whisk or fork until blended.
- Pour over ingredients in pie plate.
- Sprinkle with almonds.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.
- Garnish with fresh chives.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:11.864782706551%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg,

Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:
0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin:
0.08mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol:
0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.16mg, Quercetin: 0.16mg,
Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 196.04kcal (9.8%), Fat: 12.67g (19.5%), Saturated Fat: 5.19g (32.44%), Carbohydrates: 7.29g (2.43%), Net
Carbohydrates: 5.98g (2.17%), Sugar: 2.93g (3.25%), Cholesterol: 90.76mg (30.26%), Sodium: 317.31mg (13.8%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.5%), Phosphorus: 276.23mg (27.62%), Vitamin C:
21.68mg (26.28%), Calcium: 246.26mg (24.63%), Selenium: 15.89µg (22.7%), Vitamin B12: 1.19µg (19.77%), Vitamin
B2: 0.31mg (18.19%), Vitamin A: 797.16IU (15.94%), Zinc: 2mg (13.35%), Vitamin E: 1.81mg (12.07%), Vitamin B1: 0.16mg
(10.75%), Manganese: 0.21mg (10.34%), Magnesium: 38.47mg (9.62%), Vitamin B6: 0.18mg (8.89%), Vitamin B5:
0.72mg (7.22%), Potassium: 235.61mg (6.73%), Vitamin B3: 1.24mg (6.21%), Vitamin K: 6.3µg (6%), Copper: 0.12mg
(5.88%), Folate: 23.31µg (5.83%), Fiber: 1.31g (5.24%), Vitamin D: 0.74µg (4.94%), Iron: 0.84mg (4.69%)