



Impossibly Easy Country Dijon Wild Rice and Ham Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



227 kcal

Ingredients

- 3 tablespoons almonds sliced
- 0.3 cup approx cream cheese spread sour (from 12-oz container)
- 1 cup finely-chopped ham cubed cooked
- 0.5 cup rice wild cooked
- 1 tablespoon dijon mustard country-style
- 2 eggs
- 6 servings chives fresh
- 1 cup milk

- 0.1 teaspoon pepper
- 0.5 cup bell pepper red chopped
- 4 oz swiss cheese shredded
- 0.7 cup frangelico
- 0.7 cup frangelico

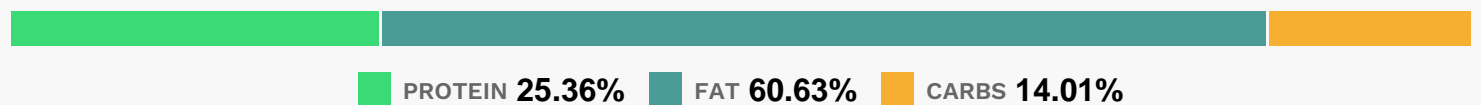
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 400F. 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:36, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:11.733043556628%

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: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 226.9kcal (11.34%), Fat: 15.39g (23.68%), Saturated Fat: 6.94g (43.4%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 6.73g (2.45%), Sugar: 3.29g (3.66%), Cholesterol: 98.58mg (32.86%), Sodium: 375.78mg (16.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.97%), Phosphorus: 275.42mg (27.54%), Calcium: 260.11mg (26.01%), Vitamin C: 20.87mg (25.3%), Selenium: 15.88µg (22.69%), Vitamin B12: 1.19µg (19.77%), Vitamin B2: 0.31mg (18.09%), Vitamin A: 856.51IU (17.13%), Zinc: 1.99mg (13.29%), Vitamin E: 1.81mg (12.05%), Vitamin B1: 0.16mg (10.68%), Manganese: 0.2mg (10.08%), Magnesium: 37.89mg (9.47%), Vitamin B6: 0.18mg (8.79%), Vitamin B5: 0.72mg (7.17%), Potassium: 231.5mg (6.61%), Vitamin B3: 1.23mg (6.17%), Copper: 0.12mg (5.77%), Folate: 21.86µg (5.46%), Fiber: 1.27g (5.1%), Vitamin D: 0.74µg (4.94%), Iron: 0.82mg (4.57%), Vitamin K: 3.34µg (3.18%)