



Impossibly Easy Ham and Cheddar Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



199 kcal

Ingredients

- 1.5 cups finely-chopped ham cooked
- 4 oz cheddar cheese shredded
- 0.3 cup spring onion sliced
- 0.5 cup cooking oil peeled chopped
- 1 cup milk
- 0.1 teaspoon pepper
- 2 eggs
- 0.5 cup frangelico

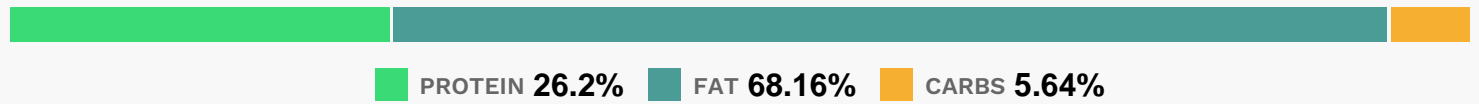
Equipment

- bowl
- oven
- knife

Directions

- Heat oven to 400°F. Grease bottom and side of 9-inch pie plate with shortening.
- Sprinkle ham, cheese, onions and apple in pie plate.
- In medium bowl, stir remaining ingredients until blended.
- Pour over ham mixture.
- Bake uncovered 35 to 40 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:8.8699999309104%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 199.02kcal (9.95%), Fat: 15.02g (23.1%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.68g (0.97%), Sugar: 2.17g (2.41%), Cholesterol: 98.96mg (32.99%), Sodium: 486.85mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.98%), Phosphorus: 240.77mg (24.08%), Selenium: 16.24µg (23.21%), Calcium: 196.73mg (19.67%), Vitamin B2: 0.28mg (16.3%), Vitamin B12: 0.95µg (15.81%), Vitamin B1: 0.19mg (12.41%), Vitamin K: 11.97µg (11.4%), Zinc: 1.7mg (11.31%), Vitamin C: 7.37mg (8.93%), Vitamin A: 376.22IU (7.52%), Vitamin B5: 0.7mg (7.05%), Vitamin B6: 0.14mg (6.89%), Vitamin E: 0.99mg (6.62%), Vitamin D: 0.85µg (5.69%), Vitamin B3: 1.09mg (5.45%), Potassium: 187.23mg (5.35%), Magnesium: 18.58mg (4.64%), Folate: 14.38µg (3.6%), Iron: 0.59mg (3.29%), Copper: 0.05mg (2.67%), Manganese: 0.03mg (1.64%)