



Impossibly Easy Ham and Swiss Pie

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



214 kcal

Ingredients

- 1.5 cups ham smoked boneless cubed fully cooked
- 4 ounces swiss cheese shredded
- 0.3 cup spring onion chopped
- 1 cup milk
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 2 eggs
- 1 tomatoes sliced
- 1 bell pepper green cut into rings

0.5 cup frangelico

Equipment

oven

knife

Directions

Heat oven to 400°F. Grease 9-inch pie plate.

Sprinkle ham, cheese and onions in pie plate.

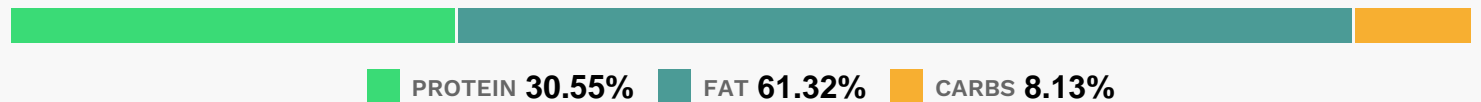
Stir Bisquick mix, milk, salt, pepper and eggs until blended.

Pour into pie plate.

Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

Garnish with tomato and bell pepper.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:11.45391308743%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 213.79kcal (10.69%), Fat: 14.51g (22.32%), Saturated Fat: 6.77g (42.3%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 3.63g (1.32%), Sugar: 3.12g (3.47%), Cholesterol: 98.72mg (32.91%), Sodium: 585.88mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.53%), Selenium: 18.94µg (27.05%), Phosphorus: 263.99mg (26.4%), Vitamin C: 19.54mg (23.68%), Calcium: 236.17mg (23.62%), Vitamin B12: 1.14µg (19.08%), Vitamin B1: 0.26mg (17.49%), Vitamin B2: 0.27mg (15.92%), Zinc: 2.07mg (13.81%), Vitamin B6: 0.26mg (12.97%), Vitamin A: 587.87IU (11.76%), Vitamin K: 12.21µg (11.63%), Vitamin B3: 1.87mg (9.33%), Potassium: 290.13mg (8.29%), Vitamin B5: 0.66mg (6.59%), Vitamin D: 0.99µg (6.57%), Magnesium: 24.67mg (6.17%), Folate: 17.38µg (4.34%),

Iron: 0.78mg (4.31%), Vitamin E: 0.62mg (4.14%), Copper: 0.08mg (3.91%), Manganese: 0.07mg (3.57%), Fiber: 0.7g (2.81%)