



Impossibly Easy Ham and Swiss Pie

READY IN



55 min.

SERVINGS



6

CALORIES



257 kcal

Ingredients

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

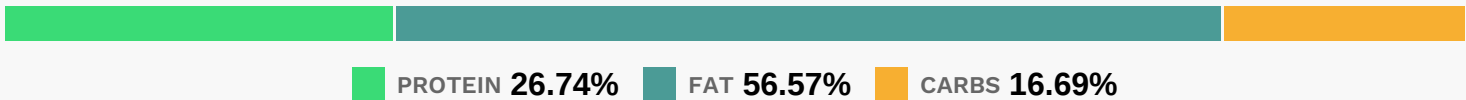
Equipment

- ☐ 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:12.737391326738%

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: 256.59kcal (12.83%), Fat: 16.05g (24.69%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 9.74g (3.54%), Sugar: 4.29g (4.76%), Cholesterol: 98.92mg (32.97%), Sodium: 713.48mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.13%), Phosphorus: 322.49mg (32.25%), Selenium: 19.69µg (28.12%), Calcium: 254.07mg (25.41%), Vitamin C: 19.57mg (23.72%), Vitamin B1: 0.32mg (21.32%), Vitamin B12: 1.18µg (19.73%), Vitamin B2: 0.31mg (18.49%), Zinc: 2.13mg (14.21%), Vitamin B6: 0.27mg (13.35%), Vitamin K: 12.86µg (12.25%), Vitamin A: 588.27IU (11.77%), Vitamin B3: 2.32mg (11.6%), Potassium: 306.43mg (8.76%), Vitamin B5: 0.75mg (7.48%), Folate: 29.88µg (7.47%), Magnesium: 27.17mg (6.79%), Vitamin D: 0.99µg (6.57%), Iron: 1.05mg (5.84%), Manganese: 0.11mg (5.27%), Copper: 0.09mg (4.68%), Vitamin E: 0.63mg

(4.23%), Fiber: 0.91g (3.65%)