



## Impossibly Easy Spicy Ham Pie

READY IN



60 min.

SERVINGS



6

CALORIES



313 kcal

### Ingredients

- 1 cup eggs fat-free
- 1 cup water
- 0.5 cup baking mix bisquick heart smart®
- 0.5 cup skim milk powder dry instant
- 0.5 cup yogurt plain fat-free
- 2 tablespoons parmesan cheese freshly grated
- 0.5 teaspoon ground mustard
- 0.3 teaspoon hot sauce red
- 4 oz sharp cheddar cheese shredded reduced-fat
- 0.8 cup deli honey ham diced reduced-sodium

- 0.5 cup spring onion chopped
- 1 serving cherry tomatoes quartered
- 1 serving spring onion sliced

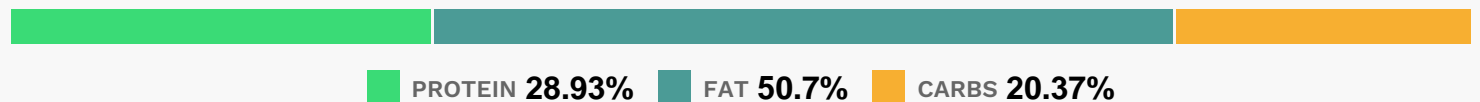
## Equipment

- food processor
- bowl
- oven
- knife
- blender

## Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.
- In food processor or blender, place egg product, water, Bisquick mix, dry milk, yogurt, Parmesan cheese, mustard and pepper sauce. Cover; process 1 minute or until smooth. In medium bowl, stir egg product mixture, Cheddar cheese, ham and chopped onions until well blended.
- Pour into pie plate.
- Bake 40 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before cutting.
- Garnish with cherry tomatoes and sliced onions.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:16.862173826798%

## Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 312.63kcal (15.63%), Fat: 17.46g (26.87%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 15.14g (5.5%), Sugar: 8.99g (9.99%), Cholesterol: 191.95mg (63.98%), Sodium: 768.74mg (33.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.84%), Phosphorus: 439.72mg (43.97%), Selenium: 29.82µg (42.6%), Calcium: 368.71mg (36.87%), Vitamin B2: 0.6mg (35.26%), Vitamin B12: 1.34µg (22.32%), Vitamin B1: 0.32mg (21.61%), Vitamin K: 21.33µg (20.31%), Zinc: 2.73mg (18.17%), Vitamin A: 856.22IU (17.12%), Vitamin D: 2.24µg (14.92%), Vitamin B5: 1.46mg (14.56%), Potassium: 486.46mg (13.9%), Vitamin B6: 0.28mg (13.81%), Folate: 53.4µg (13.35%), Vitamin B3: 2.12mg (10.62%), Vitamin C: 8.41mg (10.19%), Magnesium: 38.65mg (9.66%), Iron: 1.65mg (9.18%), Vitamin E: 0.89mg (5.95%), Copper: 0.12mg (5.84%), Manganese: 0.1mg (5.04%), Fiber: 0.65g (2.58%)