



Impossibly Easy Spicy Ham Pie

READY IN



60 min.

SERVINGS



6

CALORIES



336 kcal

Ingredients

- 6 servings cherry tomatoes quartered
- 0.8 cup deli honey ham diced reduced-sodium
- 1 cup eggs fat-free
- 0.5 cup yogurt plain fat-free
- 0.5 cup spring onion chopped
- 6 servings spring onion sliced
- 0.5 teaspoon ground mustard
- 0.5 cup skim milk powder dry instant
- 2 tablespoons parmesan cheese freshly grated
- 0.3 teaspoon hot sauce red

- 4 oz sharp cheddar cheese shredded reduced-fat
- 1 cup water
- 0.5 cup baking mix bisquick heart smart®

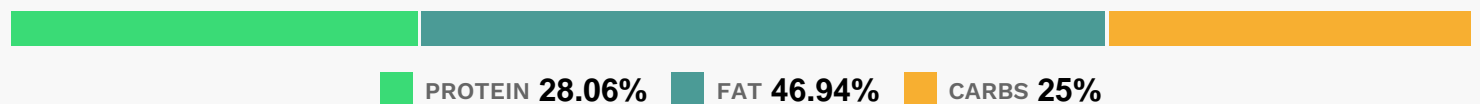
Equipment

- food processor
- bowl
- oven
- knife
- blender

Directions

- Heat oven to 350F. 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:0.34, Inflammation Score:-8, Nutrition Score:22.318695586661%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 336.43kcal (16.82%), Fat: 17.61g (27.09%), Saturated Fat: 7.42g (46.4%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 19.45g (7.07%), Sugar: 12.18g (13.53%), Cholesterol: 191.95mg (63.98%), Sodium: 783.11mg (34.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.36%), Phosphorus: 476.1mg (47.61%), Vitamin C: 37.47mg (45.42%), Selenium: 30.47µg (43.52%), Calcium: 385.87mg (38.59%), Vitamin B2: 0.63mg (37.09%), Vitamin K: 35.13µg (33.46%), Vitamin A: 1509.17IU (30.18%), Vitamin B1: 0.37mg (24.75%), Vitamin B12: 1.34µg (22.32%), Potassium: 769.12mg (21.97%), Zinc: 2.92mg (19.45%), Vitamin B6: 0.38mg (18.84%), Folate: 72.63µg (18.16%), Vitamin B5: 1.62mg (16.19%), Vitamin D: 2.24µg (14.92%), Iron: 2.57mg (14.25%), Vitamin B3: 2.81mg (14.03%), Magnesium: 50.75mg (12.69%), Manganese: 0.24mg (11.92%), Vitamin E: 1.61mg (10.74%), Copper: 0.21mg (10.67%), Fiber: 1.64g (6.56%)