



Mushroom Crusted Ham and Cheese Pie

READY IN



45 min.

SERVINGS



10

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup butter
- ☐ 8 ounce herb and garlic cream cheese softened flavored
- ☐ 1 cup ham diced cooked
- ☐ 0.5 cup bread crumbs dry
- ☐ 4 eggs
- ☐ 10 ounces mushrooms fresh coarsely chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup onion finely chopped

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 dash pepper sauce hot
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded

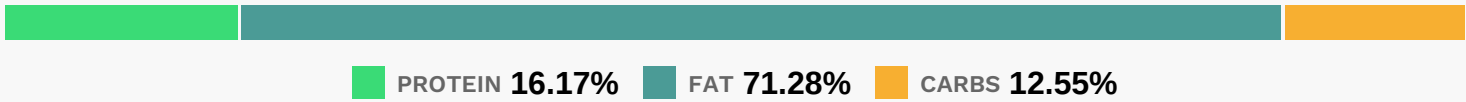
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C.)
- ☐ In a medium pan, saute mushrooms and onion in 3 1/2 tablespoons of the butter until just tender, about 5 minutes. Stir in the bread crumbs, Parmesan, salt and pepper.
- ☐ Butter the bottom and sides of a 10 inch deep dish pie pan with remaining butter. Press mushroom mixture into pan evenly on bottom and sides.
- ☐ Sprinkle shredded cheese over the mushrooms.
- ☐ In a blender, beat together cream cheese, eggs and hot pepper sauce until well incorporated. Stir in diced ham.
- ☐ Pour over the shredded cheese and bake 30 minutes or until set in center.
- ☐ Garnish with fresh chopped parsley.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:7.6204347299493%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 241.49kcal (12.07%), Fat: 19.55g (30.08%), Saturated Fat: 10.51g (65.7%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 7.13g (2.59%), Sugar: 1.18g (1.31%), Cholesterol: 122.78mg (40.93%), Sodium: 506.66mg (22.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Selenium: 15.28µg (21.82%), Vitamin B2: 0.3mg (17.65%), Phosphorus: 162.24mg (16.22%), Calcium: 113.37mg (11.34%), Vitamin B1: 0.15mg (9.88%), Vitamin B3: 1.82mg (9.08%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.49µg (8.16%), Zinc: 1.18mg (7.87%), Vitamin A: 393.2IU (7.86%), Vitamin K: 7.75µg (7.38%), Copper: 0.14mg (6.82%), Folate: 23.2µg (5.8%), Vitamin B6: 0.11mg (5.45%), Potassium: 177.46mg (5.07%), Vitamin C: 4.06mg (4.93%), Iron: 0.87mg (4.83%), Manganese: 0.09mg (4.38%), Magnesium: 13.57mg (3.39%), Vitamin D: 0.48µg (3.21%), Vitamin E: 0.42mg (2.79%), Fiber: 0.62g (2.48%)