



Savory Ham-and-Swiss Breakfast Pie

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



365 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 servings garnish: chives
- ☐ 0.5 pound ham diced cooked
- ☐ 8 large eggs divided
- ☐ 2 garlic cloves pressed
- ☐ 4 green onions chopped
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.7 cup quick-cooking grits uncooked

- ☐ 1 teaspoon salt
- ☐ 5 ounces swiss cheese shredded divided
- ☐ 1.7 cups water
- ☐ 1 cup whipping cream

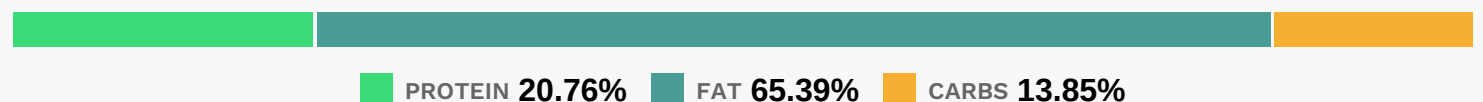
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Bring first 6 ingredients to a boil in a medium saucepan; gradually whisk in grits. Cover, reduce heat, and simmer, whisking occasionally, 5 to 7 minutes.
- ☐ Add 1/2 cup cheese, stirring until cheese melts.
- ☐ Remove from heat, and let stand 10 minutes. Lightly beat 2 eggs, and stir into grits mixture; pour into a lightly greased 10-inch deep pie plate.
- ☐ Bake at 350 for 20 minutes; remove from oven. Increase oven temperature to 400
- ☐ Saut ham and onions in a nonstick skillet over medium-high heat 5 minutes or until onion is tender.
- ☐ Layer ham mixture evenly over grits crust.
- ☐ Whisk together milk and remaining 6 eggs; pour over ham mixture.
- ☐ Sprinkle remaining 3/4 cup cheese evenly over egg mixture.
- ☐ Bake at 400 for 35 minutes.
- ☐ Let stand 10 minutes, and cut into wedges.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:14.476086917131%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 365.06kcal (18.25%), Fat: 26.67g (41.03%), Saturated Fat: 14.23g (88.96%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 11.9g (4.33%), Sugar: 2.08g (2.31%), Cholesterol: 266.15mg (88.72%), Sodium: 762.07mg (33.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.1%), Selenium: 27.67µg (39.53%), Phosphorus: 341.5mg (34.15%), Vitamin B2: 0.48mg (27.97%), Vitamin B12: 1.52µg (25.26%), Calcium: 235.65mg (23.57%), Vitamin A: 1070.32IU (21.41%), Vitamin B1: 0.26mg (17.6%), Zinc: 2.35mg (15.64%), Vitamin K: 16.31µg (15.53%), Folate: 51.16µg (12.79%), Vitamin B5: 1.28mg (12.78%), Vitamin B6: 0.24mg (11.88%), Vitamin D: 1.64µg (10.96%), Vitamin C: 8.73mg (10.58%), Iron: 1.73mg (9.61%), Vitamin B3: 1.73mg (8.65%), Magnesium: 30.24mg (7.56%), Potassium: 254.64mg (7.28%), Vitamin E: 1.03mg (6.87%), Copper: 0.11mg (5.57%), Manganese: 0.09mg (4.54%), Fiber: 0.8g (3.22%)