



Savory Ham and Swiss Casserole

 Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.7 cups water
- ☐ 1 cup whipping cream
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.7 cup quick-cooking grits uncooked
- ☐ 8 oz swiss cheese shredded
- ☐ 4 cloves garlic finely chopped

- ☐ 8 eggs
- ☐ 2 cups deli honey ham chopped
- ☐ 6 spring onion chopped
- ☐ 2 cups milk
- ☐ 3 cups frangelico

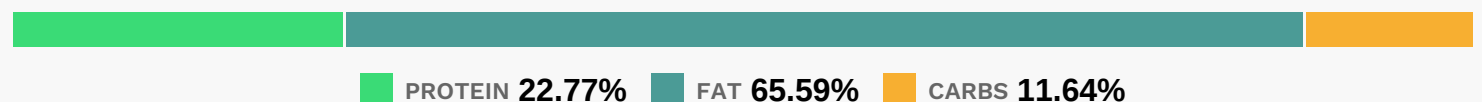
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In medium saucepan, heat water, whipping cream, butter, salt and pepper to boiling. Gradually stir in grits; reduce heat. Cover; simmer 5 to 7 minutes, stirring occasionally.
- ☐ Add 1/2 cup of the cheese and the garlic, stirring until cheese is melted. Cool 10 to 15 minutes. Stir in 2 of the eggs; pour into baking dish.
- ☐ Bake 20 minutes; remove from oven. Increase oven temperature to 400°F.
- ☐ Sprinkle remaining 1 1/2 cups cheese, the ham and onions over partially baked crust. In medium bowl, beat remaining 6 eggs and 1/2 cup of the milk with whisk; pour over ham mixture. Stir together remaining 1 1/2 cups milk and the Bisquick mix.
- ☐ Pour over egg mixture, spreading to edge of dish with back of spoon.
- ☐ Bake 35 minutes. Cool 10 minutes; cut into squares.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:19.7439133188%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 529.04kcal (26.45%), Fat: 38.6g (59.38%), Saturated Fat: 18.67g (116.7%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 14.54g (5.29%), Sugar: 4.31g (4.79%), Cholesterol: 267.65mg (89.22%), Sodium: 1176.32mg (51.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.15g (60.3%), Selenium: 37.79µg (53.99%), Phosphorus: 482.29mg (48.23%), Calcium: 388.43mg (38.84%), Vitamin B2: 0.61mg (35.81%), Vitamin B12: 2.01µg (33.45%), Vitamin B1: 0.5mg (33.08%), Vitamin A: 1224.45IU (24.49%), Zinc: 3.67mg (24.48%), Vitamin B6: 0.42mg (21.25%), Vitamin K: 20.42µg (19.45%), Vitamin B3: 3.42mg (17.12%), Vitamin D: 2.44µg (16.27%), Vitamin B5: 1.43mg (14.28%), Folate: 51.04µg (12.76%), Potassium: 420.99mg (12.03%), Magnesium: 44.21mg (11.05%), Iron: 1.95mg (10.85%), Vitamin E: 1.31mg (8.73%), Copper: 0.13mg (6.62%), Manganese: 0.1mg (5%), Fiber: 0.87g (3.49%), Vitamin C: 2.35mg (2.84%)