



Savory Ham-and-Swiss Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups bisquick original baking mix all-purpose
- ☐ 2 tablespoons butter
- ☐ 8 large eggs divided
- ☐ 4 garlic cloves pressed
- ☐ 6 green onions chopped
- ☐ 2 cups praline-mustard glazed ham chopped
- ☐ 2 cups milk divided
- ☐ 0.3 teaspoon pepper
- ☐ 0.7 cup quick-cooking grits uncooked

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

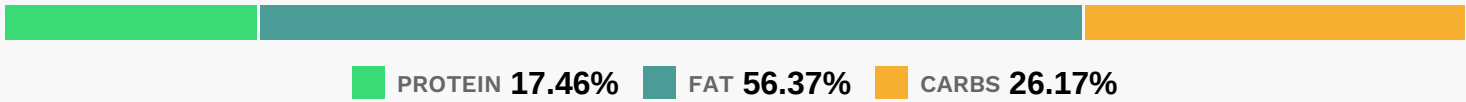
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Bring first 5 ingredients to a boil in a medium saucepan; gradually stir in grits. Cover, reduce heat, and simmer, stirring occasionally, 5 to 7 minutes.
- ☐ Add 1/2 cup cheese and garlic, stirring until cheese melts; let mixture cool 10 to 15 minutes. Stir in 2 eggs, and pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 20 minutes; remove from oven. Increase oven temperature to 40
- ☐ Sprinkle remaining 1 1/2 cups cheese, ham, and green onions evenly over grits crust.
- ☐ Whisk together remaining 6 eggs and 1/2 cup milk; pour into crust.
- ☐ Stir together remaining 1 1/2 cups milk and baking mix; pour over egg mixture, spreading to edge of dish with back of spoon.
- ☐ Bake at 400 for 35 minutes. Cool 10 minutes, and cut into squares.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:23.865652053253%

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: 671.55kcal (33.58%), Fat: 42.05g (64.69%), Saturated Fat: 19.2g (120%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 42.12g (15.32%), Sugar: 9.58g (10.64%), Cholesterol: 275.9mg (91.97%), Sodium: 1472.42mg (64.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.6%), Phosphorus: 705.74mg (70.57%), Selenium: 37.53µg (53.61%), Calcium: 470.65mg (47.06%), Vitamin B2: 0.78mg (45.85%), Vitamin B1: 0.61mg (40.82%), Vitamin B12: 2.08µg (34.69%), Folate: 109.39µg (27.35%), Vitamin A: 1258.65IU (25.17%), Zinc: 3.46mg (23.07%), Vitamin K: 23.36µg (22.25%), Vitamin B3: 4.4mg (21.98%), Vitamin B6: 0.38mg (18.88%), Vitamin B5: 1.81mg (18.07%), Iron: 3.09mg (17.19%), Vitamin D: 2.39µg (15.95%), Magnesium: 51.59mg (12.9%), Manganese: 0.25mg (12.57%), Potassium: 433.56mg (12.39%), Copper: 0.19mg (9.3%), Vitamin E: 1.34mg (8.96%), Fiber: 1.82g (7.27%), Vitamin C: 2.48mg (3.01%)