



Spicy Ham-and-Greens Quiche

READY IN



60 min.

SERVINGS



8

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup baking mix all-purpose
- 16 oz collard greens frozen thawed drained chopped
- 2 large eggs
- 1 cup baked ham chopped
- 1 cup milk
- 1.5 teaspoons olive oil
- 0.5 cup onion diced
- 6 oz pepper jack cheese shredded
- 0.3 teaspoon salt

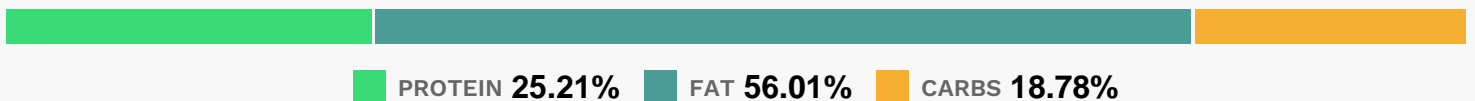
Equipment

- frying pan
- oven
- knife
- whisk

Directions

- Preheat oven to 40
- Saut ham in hot oil in a large skillet over medium-high heat 5 minutes or until browned. Stir in collards and onion, and saut 5 minutes or until onion is tender and liquid evaporates.
- Layer half of collard mixture in a lightly greased 9-inch pie plate; top with 3/4 cup cheese. Repeat layers once.
- Whisk together milk and remaining ingredients until smooth; pour over collard-and-cheese mixture in pie plate.
- Bake at 400 for 25 to 35 minutes or until a knife inserted in center comes out clean.
- Let stand 10 minutes before serving.
- Note: We tested with Bisquick Original Pancake and Baking
- Mix.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:19.254347687182%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 5.02mg, Kaempferol: 5.02mg, Kaempferol: 5.02mg, Kaempferol: 5.02mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 218.88kcal (10.94%), Fat: 13.8g (21.24%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 7.82g (2.84%), Sugar: 3.18g (3.53%), Cholesterol: 80.08mg (26.69%), Sodium: 543.06mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Vitamin K: 249.41µg (237.54%), Vitamin A: 3126.64IU (62.53%), Calcium: 351.67mg (35.17%), Vitamin C: 20.78mg (25.18%), Phosphorus: 248.36mg (24.84%), Folate: 94.64µg (23.66%), Manganese: 0.42mg (21.06%), Vitamin B2: 0.33mg (19.41%), Selenium: 12.82µg (18.32%), Vitamin B1: 0.21mg (13.92%), Vitamin B6: 0.23mg (11.72%), Vitamin E: 1.67mg (11.11%), Fiber: 2.6g (10.38%), Zinc: 1.51mg (10.08%), Vitamin B12: 0.59µg (9.89%), Magnesium: 32.41mg (8.1%), Vitamin B3: 1.61mg (8.07%), Potassium: 277.89mg (7.94%), Vitamin B5: 0.66mg (6.6%), Iron: 1.02mg (5.69%), Vitamin D: 0.84µg (5.57%), Copper: 0.07mg (3.61%)