



Spicy Ham and Greens Quiche

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1.5 teaspoons olive oil
- 1 cup finely-chopped ham cooked chopped
- 0.5 bag collard greens frozen thawed drained chopped (16-oz size)
- 0.5 cup onion chopped
- 6 oz pepper jack cheese shredded
- 1 cup milk
- 2 eggs
- 0.3 teaspoon salt

0.5 cup frangelico

Equipment

bowl

frying pan

oven

knife

whisk

Directions

Heat oven to 400°F. Lightly spray 9-inch glass pie plate with cooking spray. In 10-inch skillet, heat oil over medium-high heat. Cook ham in oil 5 minutes, stirring occasionally, until browned. Stir in greens and onion. Cook 5 minutes longer until onion is tender and liquid is evaporated. Spoon half of the mixture into pie plate.

Sprinkle with 3/4 cup of the cheese. Repeat layers.

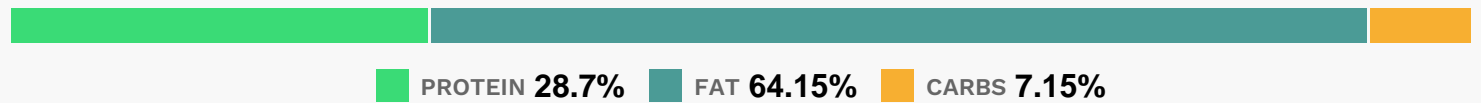
In medium bowl, stir milk, eggs, Bisquick mix and salt with fork or whisk until smooth.

Pour over greens and cheese.

Bake 25 to 35 minutes or until knife inserted in center comes out clean.

Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:8.1065218008083%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 193.38kcal (9.67%), Fat: 13.73g (21.13%), Saturated Fat: 7.09g (44.34%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.72g (3.02%), Cholesterol: 98.42mg (32.81%), Sodium: 521.36mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.65%), Calcium: 274.18mg (27.42%), Phosphorus: 254.87mg (25.49%), Selenium: 13.18µg (18.83%), Vitamin B2: 0.28mg (16.6%), Vitamin B12: 0.85µg (14.18%), Zinc: 1.65mg (11%), Vitamin B1: 0.14mg (9.26%), Vitamin A: 367.54IU (7.35%), Vitamin B6: 0.14mg (6.82%), Vitamin C: 5.4mg (6.55%), Vitamin B5: 0.62mg (6.17%), Vitamin D: 0.91µg (6.07%), Potassium: 176.8mg (5.05%), Magnesium: 19.61mg (4.9%), Vitamin B3: 0.77mg (3.83%), Folate: 15.2µg (3.8%), Iron: 0.66mg (3.64%), Vitamin E: 0.4mg (2.64%), Copper: 0.05mg (2.34%), Vitamin K: 1.89µg (1.8%), Manganese: 0.04mg (1.79%)