



Spicy Ham 'n Greens Quiche

READY IN



65 min.

SERVINGS



6

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

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

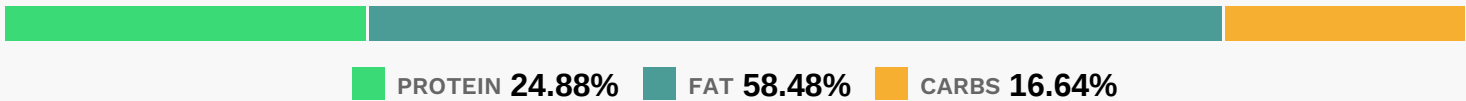
Equipment

- ☐ 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:-4, Nutrition Score:9.3904347316079%

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: 236.18kcal (11.81%), Fat: 15.27g (23.5%), Saturated Fat: 7.49g (46.82%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 9.34g (3.4%), Sugar: 3.88g (4.31%), Cholesterol: 98.62mg (32.87%), Sodium: 648.96mg (28.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.25%), Phosphorus: 313.37mg (31.34%), Calcium: 292.08mg (29.21%), Selenium: 13.93µg (19.9%), Vitamin B2: 0.33mg (19.17%), Vitamin B12: 0.89µg (14.83%), Vitamin B1: 0.2mg (13.09%), Zinc: 1.71mg (11.4%), Vitamin A: 367.94IU (7.36%), Vitamin B6: 0.14mg (7.2%), Vitamin B5: 0.71mg (7.05%), Folate: 27.7µg (6.93%), Vitamin C: 5.43mg (6.59%), Vitamin B3: 1.22mg (6.1%), Vitamin D: 0.91µg (6.07%), Magnesium: 22.11mg (5.53%), Potassium: 193.1mg (5.52%), Iron: 0.93mg (5.18%), Manganese: 0.07mg (3.49%), Copper: 0.06mg (3.11%), Vitamin E: 0.41mg (2.73%), Vitamin K: 2.54µg (2.42%), Fiber: 0.44g (1.76%)