



## Springtime Ham and Egg Bake

READY IN



85 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 eggs
- 0.8 cup flour all-purpose
- 1 teaspoon ground mustard
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon double-acting baking powder
- 8 ounces cream sour
- 0.8 cup milk
- 12 ounces finely-chopped ham cubed fully cooked
- 1 cup roma tomatoes chopped (plum) (3 medium)

- 8 ounces cheddar cheese shredded
- 0.5 cup chives fresh chopped
- 1 serving roma tomatoes thinly sliced (plum)
- 1 serving chives

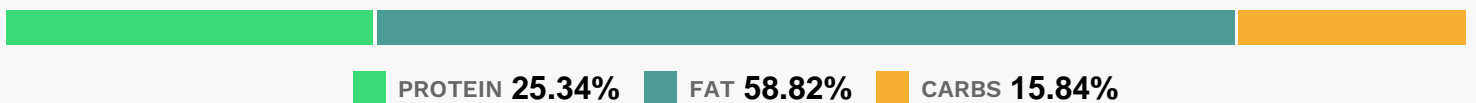
## Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Heat oven to 350°F. Spray rectangular baking dish, 11x7x1 1/2 inches, with cooking spray.
- Beat eggs, flour, mustard, seasoned salt, baking powder, sour cream and milk in large bowl with wire whisk until blended. Fold in ham, chopped tomatoes, cheese and chives.
- Pour evenly into baking dish.
- Bake uncovered 50 to 60 minutes or until mixture is set and top is lightly browned.
- Let stand 5 minutes before cutting.
- Garnish with tomato slices and chives.

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:7.45, Inflammation Score:-6, Nutrition Score:16.133043683094%

## Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 346.27kcal (17.31%), Fat: 22.53g (34.67%), Saturated Fat: 10.52g (65.77%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 12.89g (4.69%), Sugar: 3.16g (3.51%), Cholesterol: 201.62mg (67.21%), Sodium: 914.58mg (39.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.68%), Selenium: 32.57µg (46.54%), Phosphorus: 392.86mg (39.29%), Vitamin B2: 0.52mg (30.79%), Calcium: 300.82mg (30.08%), Vitamin B1: 0.37mg (24.82%), Vitamin B12: 1.38µg (22.95%), Vitamin A: 1037.67IU (20.75%), Vitamin C: 15.77mg (19.12%), Zinc: 2.76mg (18.43%), Folate: 53.5µg (13.38%), Vitamin B5: 1.26mg (12.63%), Vitamin B3: 2.5mg (12.49%), Vitamin B6: 0.24mg (12.18%), Potassium: 349.23mg (9.98%), Iron: 1.72mg (9.57%), Vitamin K: 9.26µg (8.82%), Magnesium: 34.07mg (8.52%), Manganese: 0.17mg (8.31%), Vitamin D: 1.08µg (7.21%), Copper: 0.13mg (6.36%), Vitamin E: 0.86mg (5.76%), Fiber: 0.77g (3.08%)