



Springtime Ham and Egg Bake

READY IN



85 min.

SERVINGS



8

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 8 servings chives
- 12 ounces finely-chopped ham cubed fully cooked
- 6 eggs
- 0.8 cup flour all-purpose
- 0.5 cup chives fresh chopped
- 1 teaspoon ground mustard
- 0.8 cup milk
- 1 cup roma tomatoes chopped (plum) (3 medium)

- 8 servings roma tomatoes thinly sliced (plum)
- 0.5 teaspoon lawry's seasoned salt
- 8 ounces cheddar cheese shredded
- 8 ounces cream sour

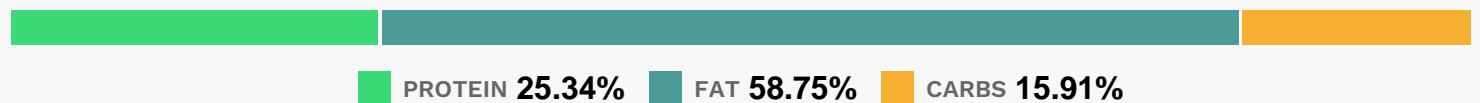
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Heat oven to 350F. 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:7.47, Inflammation Score:-7, Nutrition Score:16.355217353157%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.34mg, Quercetin:

0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 346.69kcal (17.33%), Fat: 22.54g (34.68%), Saturated Fat: 10.52g (65.78%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 12.93g (4.7%), Sugar: 3.2g (3.56%), Cholesterol: 201.62mg (67.21%), Sodium: 914.65mg (39.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.75%), Selenium: 32.58µg (46.55%), Phosphorus: 393.57mg (39.36%), Vitamin B2: 0.52mg (30.86%), Calcium: 301.71mg (30.17%), Vitamin B1: 0.37mg (24.89%), Vitamin B12: 1.38µg (22.95%), Vitamin A: 1083.05IU (21.66%), Vitamin C: 16.4mg (19.88%), Zinc: 2.77mg (18.47%), Folate: 54.55µg (13.64%), Vitamin B5: 1.27mg (12.67%), Vitamin B3: 2.51mg (12.54%), Vitamin B6: 0.25mg (12.28%), Vitamin K: 11.19µg (10.66%), Potassium: 353.89mg (10.11%), Iron: 1.74mg (9.66%), Magnesium: 34.53mg (8.63%), Manganese: 0.17mg (8.52%), Vitamin D: 1.08µg (7.21%), Copper: 0.13mg (6.45%), Vitamin E: 0.87mg (5.8%), Fiber: 0.8g (3.21%)