

Ham and Swiss Croissant Bake

Yield: 8 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/ham-and-swiss-croissant-recipe>

Ingredients:

- 3 croissants large
- 8 ounces chopped cooked ham
- 1 1/2 cups shredded swiss cheese
- 6 eggs
- 1 cup half and half
- 1 tablespoon honey
- 1 teaspoon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- fresh parsley for garnish, optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 200 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 9 grams
8. Sodium: 380 milligrams
9. Sugar: 5 grams

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