



Broccoli, Ham and Cheese Foldovers

READY IN



55 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 1 cup water boiling
- ☐ 10 oz broccoli frozen flavored
- ☐ 2 cups finely-chopped ham diced cooked finely
- ☐ 0.5 cup bread
- ☐ 2 oz cheddar cheese shredded
- ☐ 1 eggs
- ☐ 1 tablespoon water
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 4.5 cups frangelico

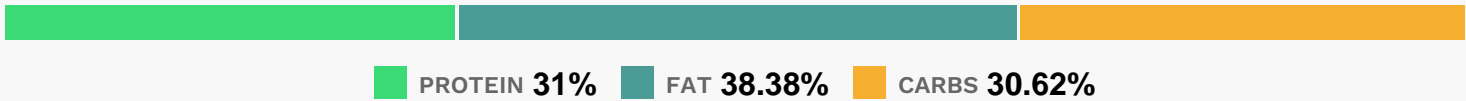
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Heat oven to 375°F. Spray 2 cookie sheets with cooking spray. In large bowl, stir Bisquick mix and boiling water until dough forms.
- ☐ Place dough on surface sprinkled with Bisquick mix; roll in Bisquick mix to coat. Knead 20 times. Divide dough into 6 balls. Return balls to bowl; cover with plastic wrap.
- ☐ Cook broccoli & cheese sauce as directed on box; empty into medium bowl. Stir in ham, onions and Cheddar cheese; set aside. In small bowl, beat egg and water with fork or wire whisk until blended; set aside.
- ☐ Pat or roll 1 ball of dough into 7-inch round. Spoon about 1/2 cup ham mixture onto half of the round; moisten edge of round with water. Fold other half of dough round over filling; press edge with fork to seal.
- ☐ Place on cookie sheet. Repeat with remaining dough and filling.
- ☐ Brush tops of foldovers with egg mixture; sprinkle each with 1/2 teaspoon Parmesan cheese.
- ☐ Cut 3 slits in top of each for steam to escape.
- ☐ Bake 25 to 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:8.56, Inflammation Score:-6, Nutrition Score:15.016956572947%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 178.37kcal (8.92%), Fat: 7.67g (11.79%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.09g (4.4%), Sugar: 1.77g (1.97%), Cholesterol: 64.95mg (21.65%), Sodium: 658.23mg (28.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.86%), Vitamin C: 50.92mg (61.72%), Vitamin K: 48.6µg (46.28%), Selenium: 19.5µg (27.85%), Vitamin B1: 0.38mg (25.27%), Phosphorus: 224.96mg (22.5%), Vitamin B2: 0.31mg (18.07%), Folate: 60.63µg (15.16%), Vitamin B3: 2.6mg (13.01%), Vitamin B12: 0.71µg (11.8%), Zinc: 1.72mg (11.47%), Calcium: 114.26mg (11.43%), Manganese: 0.22mg (11.2%), Vitamin B6: 0.22mg (10.99%), Iron: 1.58mg (8.8%), Vitamin A: 435.86IU (8.72%), Potassium: 297.15mg (8.49%), Vitamin B5: 0.82mg (8.2%), Magnesium: 28.28mg (7.07%), Fiber: 1.66g (6.65%), Copper: 0.11mg (5.58%), Vitamin E: 0.56mg (3.75%), Vitamin D: 0.21µg (1.38%)