



## Broccoli Ham Bake

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups broccoli frozen chopped
- 0.3 cup onion chopped
- 4 tablespoons butter divided
- 2 tablespoons flour all-purpose
- 2.3 cups milk
- 0.5 cup cheddar cheese shredded
- 2 cups finely-chopped ham cubed fully cooked
- 1.5 cups pepperidge farm sage and onion stuffing stuffing divided

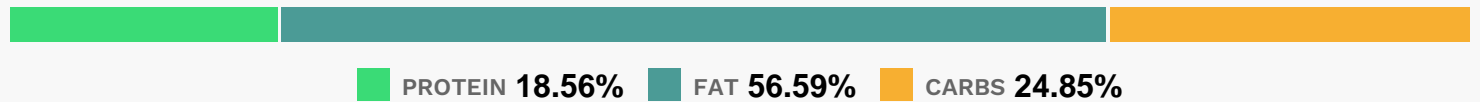
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Cook broccoli according to package directions. Meanwhile, in a large saucepan, saute onion in 3 tablespoons butter until tender. Stir in flour until blended; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in cheese until melted.
- Drain the broccoli.
- Add broccoli, ham and 1 cup stuffing mix to cheese sauce.
- Transfer to a greased 2-qt. baking dish. Melt remaining butter; toss with remaining stuffing mix.
- Sprinkle around edge of casserole.
- Bake, uncovered, at 350° for 25-30 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:62.25, Glycemic Load:5.66, Inflammation Score:-8, Nutrition Score:28.632173704064%

## Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

## Nutrients (% of daily need)

Calories: 497.39kcal (24.87%), Fat: 31.59g (48.61%), Saturated Fat: 14.81g (92.55%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 27.05g (9.84%), Sugar: 9.8g (10.88%), Cholesterol: 101.94mg (33.98%), Sodium: 1268.63mg (55.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.63%), Vitamin C: 72.78mg (88.21%), Selenium: 58.25µg (83.22%), Vitamin K: 79.38µg (75.6%), Phosphorus: 453.67mg (45.37%), Vitamin B1: 0.56mg

(37.6%), Vitamin B2: 0.57mg (33.51%), Calcium: 333.31mg (33.33%), Vitamin B12: 1.72µg (28.65%), Vitamin A: 1359.87IU (27.2%), Folate: 84.67µg (21.17%), Vitamin B6: 0.4mg (19.88%), Vitamin B3: 3.93mg (19.63%), Zinc: 2.88mg (19.18%), Potassium: 661.55mg (18.9%), Manganese: 0.34mg (16.86%), Fiber: 4.16g (16.65%), Vitamin B5: 1.55mg (15.47%), Magnesium: 57.11mg (14.28%), Vitamin E: 2.07mg (13.79%), Iron: 2mg (11.11%), Vitamin D: 1.59µg (10.63%), Copper: 0.17mg (8.3%)