



## Broccoli Ham Roll-Ups

READY IN



55 min.

SERVINGS



12

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups broccoli frozen chopped
- 10 ounces cream of mushroom soup undiluted canned
- 12 slices finely-chopped ham fully cooked (1/)
- 0.1 teaspoon rosemary dried crushed
- 0.1 teaspoon thyme dried
- 1 cup breadcrumbs dry
- 1 tablespoon onion chopped
- 1 Dash pepper
- 1.5 teaspoons pimientos diced

- 0.1 teaspoon rubbed sage
- 0.3 cup cheddar cheese shredded

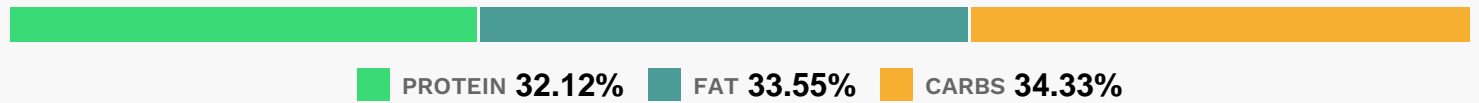
## Equipment

- bowl
- oven
- baking pan

## Directions

- Cook broccoli according to package directions; drain. In a bowl, combine the soup, bread crumbs, cheese, onion, pimientos and seasonings.
- Add broccoli; mix well. Spoon 1/4 cup onto each ham slice and roll up.
- Arrange in an ungreased 13-in. x 9-in. baking dish. Cover and bake at 350° for 40 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:19.42, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:8.5669565395169%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 109.33kcal (5.47%), Fat: 4.06g (6.25%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 8.3g (3.02%), Sugar: 1g (1.11%), Cholesterol: 23.98mg (7.99%), Sodium: 579.58mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Vitamin C: 26.87mg (32.56%), Vitamin K: 23.37µg (22.25%), Vitamin B1: 0.26mg (17.14%), Phosphorus: 129.17mg (12.92%), Selenium: 9.03µg (12.91%), Manganese: 0.22mg (10.84%), Vitamin B3: 1.95mg (9.76%), Vitamin B2: 0.15mg (9.06%), Vitamin B12: 0.49µg (8.15%), Zinc: 1.2mg (7.97%), Vitamin B6: 0.13mg (6.75%), Folate: 26.72µg (6.68%), Iron: 1.03mg (5.73%), Copper: 0.11mg (5.73%), Potassium: 200.06mg (5.72%), Vitamin B5: 0.48mg (4.76%), Calcium: 46.58mg (4.66%), Fiber: 1.06g (4.24%),

Magnesium: 16.83mg (4.21%), Vitamin A: 177.79IU (3.56%), Vitamin E: 0.2mg (1.35%)