



Busy Day Ham Bake

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

SIDE DISH

Ingredients

- 3 cups broccoli frozen thawed chopped
- 1 tablespoon butter
- 10 ounces condensed cream of cheddar cheese soup undiluted canned
- 1 cup finely-chopped ham cubed fully cooked
- 1 cup rice cooked
- 1 cup rice cooked
- 1 cup rice cooked
- 0.3 cup breadcrumbs dry
- 0.3 cup mayonnaise

0.3 cup cream sour

Equipment

bowl

oven

baking pan

Directions

In a large bowl, combine the first six ingredients.

Transfer to a greased 1-1/2-qt. baking dish. Toss bread crumbs and butter; sprinkle over the top.

Bake, uncovered, at 350° for 30 minutes or until heated through.

Nutrition Facts

 **PROTEIN 11.52%** **FAT 44.21%** **CARBS 44.27%**

Properties

Glycemic Index:114.75, Glycemic Load:36.76, Inflammation Score:-7, Nutrition Score:19.502608669841%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 451.41kcal (22.57%), Fat: 22.04g (33.91%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 46.6g (16.94%), Sugar: 3.31g (3.68%), Cholesterol: 45.34mg (15.11%), Sodium: 885.9mg (38.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Vitamin K: 91.05µg (86.71%), Vitamin C: 65.58mg (79.5%), Manganese: 0.78mg (38.79%), Selenium: 18.72µg (26.74%), Phosphorus: 202.85mg (20.28%), Potassium: 684.61mg (19.56%), Vitamin B1: 0.29mg (19.33%), Vitamin A: 882.92IU (17.66%), Vitamin B6: 0.31mg (15.67%), Folate: 54.87µg (13.72%), Vitamin B2: 0.22mg (12.65%), Fiber: 3.06g (12.24%), Vitamin B5: 1.2mg (12%), Vitamin B3: 2.36mg (11.81%), Zinc: 1.65mg (11%), Magnesium: 38.56mg (9.64%), Calcium: 96.08mg (9.61%), Copper: 0.17mg (8.44%), Vitamin B12: 0.47µg (7.91%), Vitamin E: 1.16mg (7.75%), Iron: 1.33mg (7.36%)