



 **100%**
HEALTH SCORE

Crowd-Pleasing Creamy Casserole

 Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



2749 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz broccoli frozen thawed drained chopped
- 6 oz seasoned croutons
- 2 tsp basil leaves dried
- 2 tsp mustard dry
- 4 eggs
- 2 Tbsp flour
- 2 cups ham cubed
- 2 cups milk

- 0.5 cup miracle whip dressing
- 8 oz sharp cheddar cheese shredded kraft

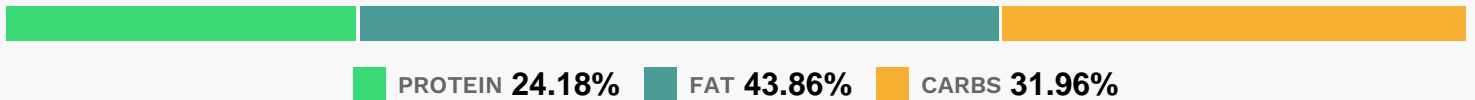
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Combine ham, broccoli, cheese and croutons; place in 13x9-inch baking dish sprayed with cooking spray.
- Whisk eggs and milk in medium bowl until blended.
- Add remaining ingredients; mix well.
- Pour over ham mixture. Refrigerate 1 hour.
- Heat oven to 375F.
- Bake casserole, uncovered, 45 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:244, Glycemic Load:108.07, Inflammation Score:-10, Nutrition Score:85.633044035538%

Flavonoids

Luteolin: 3.63mg, Luteolin: 3.63mg, Luteolin: 3.63mg, Luteolin: 3.63mg Kaempferol: 35.56mg, Kaempferol: 35.56mg, Kaempferol: 35.56mg, Kaempferol: 35.56mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg

Nutrients (% of daily need)

Calories: 2749.15kcal (137.46%), Fat: 135.66g (208.71%), Saturated Fat: 62.14g (388.4%), Carbohydrates: 222.46g (74.15%), Net Carbohydrates: 197.62g (71.86%), Sugar: 50.13g (55.7%), Cholesterol: 1073.69mg (357.9%), Sodium: 7235.36mg (314.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 168.25g (336.5%), Vitamin K: 518.37µg

(493.68%), Vitamin C: 404.91mg (490.8%), Selenium: 216.11µg (308.72%), Calcium: 2727.97mg (272.8%), Phosphorus: 2438.44mg (243.84%), Vitamin B2: 3.59mg (211.14%), Folate: 683.25µg (170.81%), Vitamin A: 6949.39IU (138.99%), Vitamin B1: 1.94mg (129.56%), Manganese: 2.37mg (118.46%), Zinc: 16.52mg (110.1%), Vitamin B12: 6.61µg (110.09%), Iron: 18.89mg (104.95%), Fiber: 24.84g (99.36%), Vitamin B5: 8.91mg (89.05%), Potassium: 2975.47mg (85.01%), Vitamin B6: 1.65mg (82.57%), Magnesium: 326.91mg (81.73%), Vitamin B3: 14.12mg (70.62%), Vitamin D: 10.25µg (68.33%), Vitamin E: 7.84mg (52.28%), Copper: 0.81mg (40.61%)