



Easy Ham Bake (Cooking for 2)

READY IN



40 min.

SERVINGS



3

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups broccoli frozen
- ☐ 0.3 cup condensed cream of cheddar cheese soup canned
- ☐ 0.3 cup cream of mushroom soup fat-free 98% canned
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.8 cup finely-chopped ham cooked
- ☐ 0.5 cup baking mix bisquick heart smart®

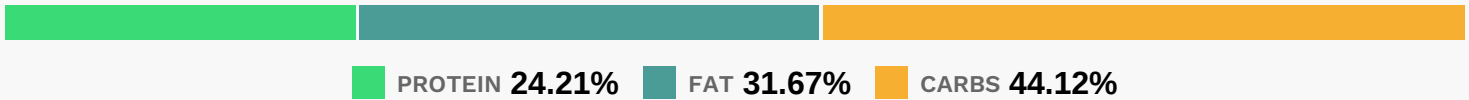
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 425F. Spray 1-quart casserole with cooking spray. In casserole, mix broccoli, soups, 1/4 cup milk and the ham. Microwave on High 3 minutes; stir.
- ☐ In small bowl, stir Bisquick mix and 1/3 cup milk until blended.
- ☐ Pour evenly over soup mixture.
- ☐ Bake uncovered 20 to 23 minutes or until crust is light golden brown.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:14.090434789658%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 180.03kcal (9%), Fat: 6.35g (9.78%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 18.23g (6.63%), Sugar: 5.65g (6.28%), Cholesterol: 23.92mg (7.97%), Sodium: 818.58mg (35.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Vitamin C: 45.89mg (55.62%), Vitamin K: 46.18µg (43.98%), Phosphorus: 285.59mg (28.56%), Vitamin B1: 0.33mg (21.79%), Vitamin B2: 0.28mg (16.54%), Folate: 55.99µg (14%), Vitamin B12: 0.79µg (13.1%), Selenium: 9.15µg (13.07%), Calcium: 125.21mg (12.52%), Vitamin B3: 2.44mg (12.19%), Manganese: 0.24mg (11.91%), Potassium: 403.75mg (11.54%), Vitamin B6: 0.2mg (10.03%), Zinc: 1.38mg (9.17%), Vitamin B5: 0.89mg (8.86%), Vitamin A: 413.75IU (8.27%), Iron: 1.26mg (7.01%), Magnesium: 27.36mg (6.84%), Fiber: 1.69g (6.75%), Copper: 0.13mg (6.38%), Vitamin D: 0.52µg (3.49%), Vitamin E: 0.37mg (2.46%)