



 **53%**
HEALTH SCORE

Grilled Cheesy Ham Supper Foil Packs

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb finely-chopped ham cooked cut into 4 equal pieces
- 2 cups baby potatoes refrigerated (from 1 lb 4-oz package)
- 20 oz broccoli frozen thawed flavored
- 4 oz cheddar cheese shredded

Equipment

- grill
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 4 (18x12-inch) sheets of heavy-duty foil.
- Place ham piece in center of each. Top each evenly with potatoes and vegetable mixture. Bring up foil sides so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space on sides for heat circulation and expansion.
- Place packets, seam side up, on grill. Cover grill; cook over medium heat 18 to 23 minutes, rearranging packets several times during cooking, until potatoes and vegetables are tender.
- To serve, carefully open packets to allow steam to escape.
- Sprinkle each with cheese; close packets and let stand until cheese is melted, 1 to 2 minutes.

Nutrition Facts

 **PROTEIN 33.77%**  **FAT 42.83%**  **CARBS 23.4%**

Properties

Glycemic Index:35.69, Glycemic Load:11.61, Inflammation Score:-9, Nutrition Score:32.978695698406%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 11.71mg, Kaempferol: 11.71mg, Kaempferol: 11.71mg, Kaempferol: 11.71mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 390.57kcal (19.53%), Fat: 18.87g (29.03%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 17.87g (6.5%), Sugar: 3.09g (3.43%), Cholesterol: 111.13mg (37.04%), Sodium: 1546.43mg (67.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.48g (66.96%), Vitamin C: 167.64mg (203.19%), Vitamin K: 146.69µg (139.7%), Phosphorus: 597.27mg (59.73%), Vitamin B1: 0.77mg (51.32%), Selenium: 34.24µg (48.92%), Vitamin B6: 0.78mg (38.96%), Vitamin B2: 0.58mg (34.4%), Vitamin B12: 1.9µg (31.66%), Potassium: 1104.15mg (31.55%), Zinc: 4.37mg (29.12%), Vitamin B3: 5.74mg (28.7%), Calcium: 282.86mg (28.29%), Folate: 110.66µg (27.66%), Manganese: 0.47mg (23.43%), Vitamin A: 1168.65IU (23.37%), Vitamin B5: 2.14mg (21.41%), Fiber: 5.34g (21.34%), Magnesium: 78.49mg (19.62%), Iron: 2.63mg (14.61%), Copper: 0.29mg (14.45%), Vitamin E: 1.33mg (8.84%), Vitamin D: 0.17µg (1.13%)