



WHATSheATE



HEALTH SCORE

56%

Grilled Cheesy Ham Supper Packs



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

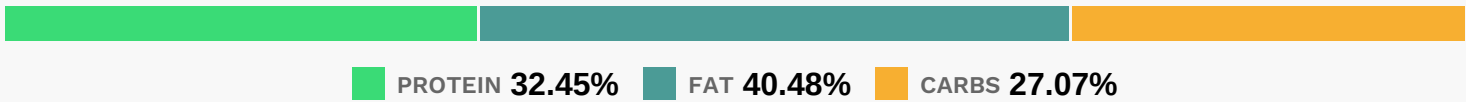
Equipment

- ☐ 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



Properties

Glycemic Index:35.69, Glycemic Load:15.45, Inflammation Score:-9, Nutrition Score:34.119999755984%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 11.95mg, Kaempferol: 11.95mg, Kaempferol: 11.95mg, Kaempferol: 11.95mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 413.67kcal (20.68%), Fat: 18.9g (29.07%), Saturated Fat: 7.56g (47.26%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 22.45g (8.16%), Sugar: 3.32g (3.69%), Cholesterol: 111.13mg (37.04%), Sodium: 1548.23mg (67.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.18%), Vitamin C: 173.55mg (210.36%), Vitamin K: 147.26µg (140.25%), Phosphorus: 614.37mg (61.44%), Vitamin B1: 0.79mg (52.92%), Selenium: 34.33µg (49.05%), Vitamin B6: 0.87mg (43.38%), Potassium: 1230.45mg (35.16%), Vitamin B2: 0.59mg (34.96%), Vitamin B12: 1.9µg (31.66%), Vitamin B3: 6.06mg (30.28%), Zinc: 4.45mg (29.7%), Folate: 115.46µg (28.86%), Calcium: 286.46mg (28.65%), Manganese: 0.51mg (25.72%), Fiber: 6g (23.98%), Vitamin A: 1169.25IU (23.38%), Vitamin B5: 2.23mg (22.3%), Magnesium: 85.39mg (21.35%), Copper: 0.32mg (16.07%), Iron: 2.86mg (15.91%), Vitamin E: 1.33mg (8.86%), Vitamin D: 0.17µg (1.13%)