

Ham and Broccoli Au Gratin

 **Gluten Free**

READY IN



30 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

Ingredients

- 2 cups finely-chopped ham diced cooked
- 0.8 cup pizza cheese shredded italian
- 20 ounce nacho cheese dip green frozen giant®
- 0.5 cup onion chopped

Equipment

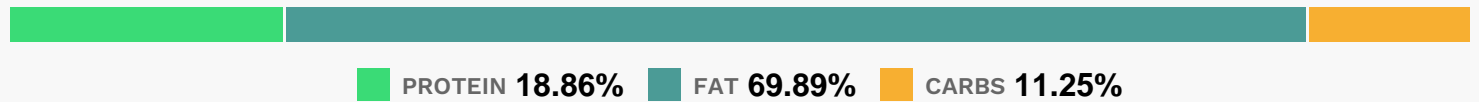
- bowl
- oven
- microwave

- serrated knife
- glass baking pan

Directions

- Microwave broccoli & cheese sauce as directed on box.
- In bowl, mix broccoli & cheese, ham, onion and 1/2 cup of the cheese. Spoon into ungreased 9-inch round (2-quart) glass baking dish.
- Open can of dough; do not unroll. With serrated knife, cut dough into 1-inch slices.
- Cut each slice in half; place cut side down on hot ham mixture.
- Sprinkle with remaining 1/4 cup cheese.
- Bake at 375 degrees F 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:5.1182609048227%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 291.61kcal (14.58%), Fat: 23.3g (35.84%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 8.22g (2.99%), Sugar: 4.35g (4.83%), Cholesterol: 38.8mg (12.93%), Sodium: 1238.02mg (53.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.29%), Vitamin B1: 0.21mg (13.72%), Vitamin C: 9.76mg (11.83%), Phosphorus: 113.85mg (11.39%), Selenium: 7.52µg (10.75%), Vitamin A: 506.78IU (10.14%), Calcium: 100.8mg (10.08%), Vitamin B12: 0.53µg (8.85%), Vitamin B3: 1.35mg (6.77%), Zinc: 0.86mg (5.75%), Vitamin B6: 0.11mg (5.62%), Vitamin B2: 0.09mg (5.49%), Potassium: 125.31mg (3.58%), Vitamin B5: 0.35mg (3.45%), Copper: 0.05mg (2.41%), Magnesium: 9.24mg (2.31%), Iron: 0.35mg (1.93%), Manganese: 0.03mg (1.75%)