



Ham and Broccoli Cheese Pot Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 cups broccoli frozen thawed drained
- 2 cups finely-chopped ham cooked
- 21.5 oz condensed cream of cheddar cheese soup canned
- 0.3 cup milk
- 1 cup milk
- 2 tablespoons mustard yellow
- 2 eggs
- 2 cups frangelico

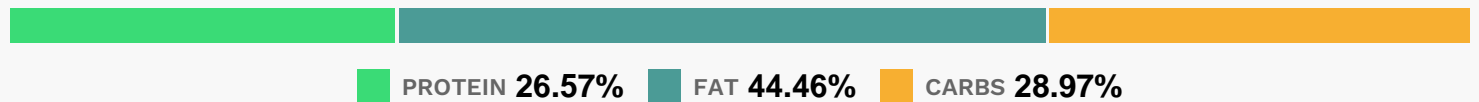
Equipment

- bowl
- oven
- glass baking pan

Directions

- Heat oven to 400°F. In ungreased 13x9-inch (3-quart) glass baking dish, mix broccoli, ham, soup and 1/4 cup milk.
- In medium bowl, stir remaining ingredients until blended.
- Pour over ham mixture.
- Bake uncovered about 35 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:15.813478345456%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 210.38kcal (10.52%), Fat: 10.34g (15.91%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 12.8g (4.66%), Sugar: 5.08g (5.64%), Cholesterol: 92.22mg (30.74%), Sodium: 1079.44mg (46.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.81%), Vitamin C: 54.59mg (66.16%), Vitamin K: 52.63µg (50.13%), Potassium: 831.21mg (23.75%), Phosphorus: 229.65mg (22.96%), Selenium: 15.91µg (22.73%), Vitamin B1: 0.28mg (18.66%), Vitamin A: 894.3IU (17.89%), Vitamin B2: 0.29mg (17.07%), Vitamin B12: 0.94µg (15.6%), Calcium: 132.78mg (13.28%), Vitamin B6: 0.25mg (12.28%), Vitamin B5: 1.05mg (10.52%), Folate: 40.71µg (10.18%), Zinc: 1.48mg (9.87%), Fiber: 2.36g (9.45%), Vitamin B3: 1.76mg (8.79%), Manganese: 0.15mg (7.62%), Magnesium: 28.95mg (7.24%), Iron: 1.03mg (5.73%), Vitamin D: 0.85µg (5.68%), Copper: 0.08mg (4.14%), Vitamin E: 0.6mg (3.98%)