



Ham and Cheese Pot Pie

READY IN



47 min.

SERVINGS



4

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli cuts frozen thawed drained
- ☐ 1 cup cauliflower florets frozen thawed drained
- ☐ 1 cup milk cheddar cheese shredded 2% kraft
- ☐ 0.5 cup philadelphia chive & onion
- ☐ 1 eggs
- ☐ 2 green onions chopped
- ☐ 6 ounce ham steak chopped
- ☐ 14.1 ounce ready-to-use pie crust refrigerated
- ☐ 1 tablespoon water

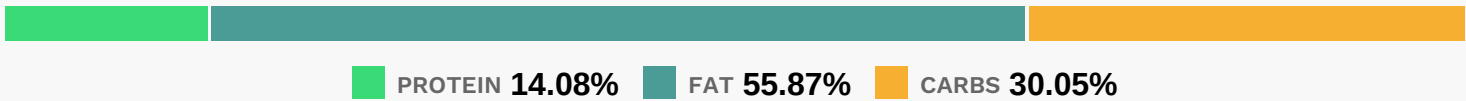
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ Combine first 5 ingredients. Microwave cream cheese spread in microwaveable bowl on HIGH 1 min. or until completely melted, stirring every 15 sec.
- ☐ Add to ham mixture; mix well. Spoon into 4 (8-oz.) ramekins.
- ☐ Unroll pie crust on lightly floured surface; roll to 12-inch circle.
- ☐ Cut into 4 rounds with 5-inch cookie cutter.
- ☐ Cut leaves from about 1/4 of the trimmings with small cookie cutter or sharp knife; discard remaining trimmings.
- ☐ Beat egg and water with fork until blended; brush onto top edges of ramekins. Top with pastry rounds; press gently onto top edges of ramekins to seal. Top with leaf cutouts; brush lightly with egg wash. Discard any remaining egg wash.
- ☐ Place ramekins on baking sheet.
- ☐ Cut slits in crusts to vent.
- ☐ Bake 30 to 32 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:21.93521733906%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 725.58kcal (36.28%), Fat: 44.82g (68.96%), Saturated Fat: 18.55g (115.91%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 50.53g (18.38%), Sugar: 2g (2.23%), Cholesterol: 105.9mg (35.3%), Sodium: 1296.3mg (56.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.82%), Vitamin C: 46.54mg (56.41%), Vitamin K: 46.74µg (44.52%), Vitamin B1: 0.66mg (43.93%), Phosphorus: 361.42mg (36.14%), Selenium: 24.4µg (34.85%), Folate: 114.71µg (28.68%), Calcium: 280.9mg (28.09%), Vitamin B2: 0.48mg (27.96%), Manganese: 0.56mg (27.89%), Vitamin B3: 5.18mg (25.9%), Iron: 3.62mg (20.09%), Zinc: 2.67mg (17.79%), Vitamin B6: 0.33mg (16.68%), Vitamin A: 809.91IU (16.2%), Fiber: 3.73g (14.91%), Vitamin B5: 1.25mg (12.51%), Potassium: 432.9mg (12.37%), Vitamin B12: 0.73µg (12.22%), Magnesium: 41.62mg (10.41%), Copper: 0.15mg (7.62%), Vitamin E: 1.01mg (6.74%), Vitamin D: 0.39µg (2.6%)