



Ham and Cheese Stuff'n Puff

READY IN



75 min.

SERVINGS



15

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz broccoli frozen thawed drained chopped
- 0.5 cup knudsen cream sour
- 5 eggs
- 6 oz oscar mayer ham smoked chopped
- 1 cup milk
- 1 cup cheddar cheese shredded divided kraft
- 6 oz stove top stuffing mix for chicken

Equipment

- bowl
- oven
- whisk
- aluminum foil

Directions

- Heat oven to 375F.
- Whisk eggs, milk and sour cream in large bowl until blended.
- Add broccoli, stuffing mix, ham and 1/2 cup cheese; mix lightly.
- Pour into 2-qt. casserole sprayed with cooking spray; cover loosely with Reynolds Wrap Aluminum Foil.
- Bake 1 hour or until heated through.
- Sprinkle with remaining cheese; bake, uncovered, 5 min. or until melted.
- Serve immediately.

Nutrition Facts

PROTEIN 22.17% **FAT 48.54%** **CARBS 29.29%**

Properties

Glycemic Index:6.47, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:8.452173948288%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 154.4kcal (7.72%), Fat: 8.32g (12.8%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 10.45g (3.8%), Sugar: 2.38g (2.65%), Cholesterol: 75.71mg (25.24%), Sodium: 378.82mg (16.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Selenium: 15.72µg (22.45%), Vitamin C: 16.93mg (20.52%), Vitamin K: 19.79µg (18.85%), Phosphorus: 138.53mg (13.85%), Vitamin B2: 0.23mg (13.44%), Vitamin B1: 0.17mg (11.19%), Calcium: 109.9mg (10.99%), Folate: 40.23µg (10.06%), Vitamin A: 346.77IU (6.94%), Vitamin B6: 0.14mg (6.83%), Zinc: 1mg (6.69%), Vitamin B3: 1.32mg (6.6%), Vitamin B12: 0.39µg (6.49%), Manganese: 0.12mg (5.75%), Vitamin B5: 0.55mg (5.48%), Iron: 0.94mg (5.24%), Potassium: 180.07mg (5.14%), Magnesium: 17.17mg

(4.29%), Vitamin D: 0.6 μ g (3.98%), Fiber: 0.85g (3.42%), Vitamin E: 0.48mg (3.19%), Copper: 0.06mg (3.01%)