



Ham-and-Greens Pot Pie with Cornbread Crust

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.8 ounce black-eyed peas rinsed drained canned
- ☐ 3 cups chicken broth
- ☐ 16 ounce collard greens frozen chopped
- ☐ 4 cups ham cooked chopped
- ☐ 10 servings cornbread crust batter
- ☐ 3 tablespoons flour all-purpose
- ☐ 14 ounce onion diced frozen
- ☐ 0.5 teaspoon pepper dried red crushed

☐ 2 tablespoons vegetable oil

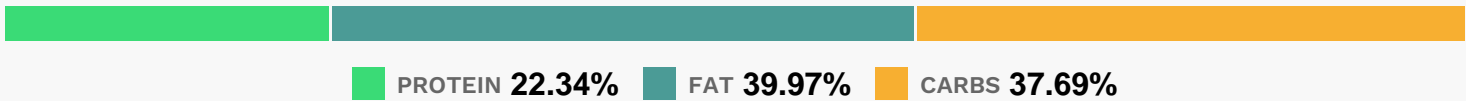
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Saut ham in hot oil in a Dutch oven over medium-high heat 5 minutes or until lightly browned.
- ☐ Add 3 tbsp flour to Dutch oven, and cook, stirring constantly, 1 minute. Gradually add chicken broth, and cook, stirring constantly, 3 minutes or until broth begins to thicken.
- ☐ Bring mixture to a boil, and add onion, bell pepper, and celery mixand collard greens; return to a boil, and cook, stirring often, 15 minutes. Stir in black-eyed peas and crushed red pepper; spoon hot mixture into a lightly greased (with cooking spray)13- x 9-inch baking dish.
- ☐ Pour Cornbread Crust Batter evenly over hot filling mixture.
- ☐ Bake at 425 for 20 to 25 minutes or until cornbread is golden brown and set. Top with Pimiento-Cheese Corn Sticks, if desired.
- ☐ Note: We tested with
- ☐ Swanson 100% Natural Chicken Broth.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:4.36, Inflammation Score:-10, Nutrition Score:26.741304397583%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 278kcal (13.9%), Fat: 12.52g (19.26%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 20.37g (7.41%), Sugar: 3.67g (4.08%), Cholesterol: 34.41mg (11.47%), Sodium: 883.3mg (38.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.49%), Vitamin K: 207.59µg (197.71%), Vitamin C: 77.53mg (93.97%), Vitamin A: 3557.24IU (71.14%), Folate: 190.31µg (47.58%), Manganese: 0.72mg (36.02%), Vitamin B1: 0.47mg (31.14%), Fiber: 6.19g (24.74%), Phosphorus: 244.37mg (24.44%), Selenium: 12.98µg (18.54%), Vitamin B2: 0.31mg (18.51%), Vitamin B6: 0.36mg (18.23%), Vitamin B3: 3.43mg (17.13%), Iron: 2.62mg (14.54%), Vitamin E: 2.17mg (14.44%), Magnesium: 54.78mg (13.69%), Potassium: 469.55mg (13.42%), Zinc: 1.95mg (12.97%), Calcium: 129mg (12.9%), Copper: 0.23mg (11.5%), Vitamin B12: 0.65µg (10.86%), Vitamin B5: 0.93mg (9.29%)