



## Ham-and-Vegetable Cobbler

READY IN



50 min.

SERVINGS



6

CALORIES



580 kcal

### Ingredients

- 1 cup baby carrots frozen
- 0.3 cup butter
- 1 teaspoon chicken soup base
- 2 cups finely-chopped ham diced cooked
- 0.5 teaspoon thyme dried
- 0.3 cup flour all-purpose
- 3.5 cups milk
- 10 oz peas sweet frozen
- 14.1 oz pie crust dough refrigerated

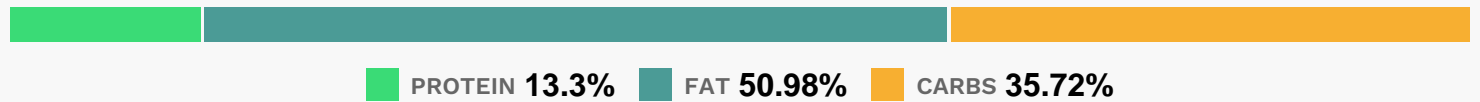
## Equipment

- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 45
- Melt butter in a large saucepan over medium heat. Gradually whisk in flour, and cook, whisking constantly, 1 minute.
- Add milk and next 2 ingredients; cook, stirring constantly, 6 to 8 minutes or until thickened and bubbly. Stir in ham and next 2 ingredients; cook 4 to 5 minutes or until mixture is thoroughly heated. Spoon into a lightly greased 11- x 7-inch baking dish.
- Unroll each piecrust on a lightly floured surface.
- Cut piecrusts into 1 1/4-inch-wide strips. Arrange strips in a lattice design over ham mixture.
- Bake at 450 for 40 minutes or until crust is browned and filling is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:34.56, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:22.664782608696%

## Nutrients (% of daily need)

Calories: 579.62kcal (28.98%), Fat: 32.78g (50.44%), Saturated Fat: 13.65g (85.28%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 46.54g (16.93%), Sugar: 10.62g (11.8%), Cholesterol: 64.96mg (21.65%), Sodium: 921.17mg (40.05%), Protein: 19.25g (38.5%), Vitamin A: 3774.11IU (75.48%), Vitamin B1: 0.64mg (42.45%), Phosphorus: 367.33mg (36.73%), Vitamin C: 28.28mg (34.27%), Vitamin B2: 0.5mg (29.42%), Manganese: 0.59mg (29.32%), Selenium: 16.96µg (24.23%), Folate: 94.39µg (23.6%), Vitamin B3: 4.72mg (23.58%), Vitamin B12: 1.32µg (21.95%), Calcium: 213.88mg (21.39%), Fiber: 5.15g (20.6%), Vitamin K: 21.12µg (20.11%), Iron: 3.29mg (18.26%), Vitamin B6: 0.32mg (16.11%), Potassium: 559.37mg (15.98%), Zinc: 2.4mg (15.97%), Magnesium: 54.41mg (13.6%), Vitamin B5: 1.3mg (12.99%), Vitamin D: 1.57µg (10.44%), Copper: 0.21mg (10.35%), Vitamin E: 0.67mg (4.46%)