



WHATSheATE



Ham and Vegetable Gratin

READY IN



40 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1.5 cups chicken broth fat-free low-sodium
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.8 cup ham low-sodium chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.7 cup milk low-fat 2 percent
- ☐ 1 small onion chopped
- ☐ 0.8 cup panko breadcrumbs
- ☐ 10 ounce peas-carrots mix shopping list mixed frozen

- ☐ 4 tablespoons butter unsalted
- ☐ 3 tablespoons flour whole-wheat
- ☐ 1 pound yukon gold potatoes diced

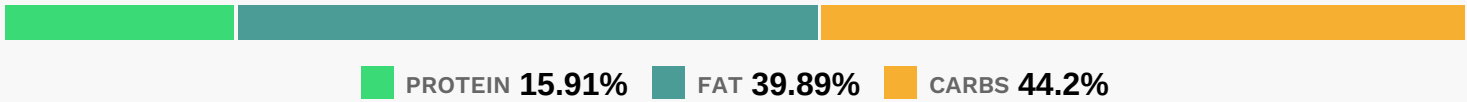
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F. Melt 1 tablespoon butter in a large ovenproof skillet over medium-high heat.
- ☐ Add the onion, potatoes and frozen peas and carrots and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.
- ☐ Add the ham, flour and thyme and cook, stirring, until combined. Stir in the chicken broth and bring to a boil, then stir in the milk and simmer until slightly thickened, about 3 minutes.
- ☐ Transfer the skillet to the oven and bake until the potatoes are tender, about 20 minutes.
- ☐ Meanwhile, melt the remaining 3 tablespoons butter in a medium skillet over medium-high heat.
- ☐ Add the panko, parsley and 1/8 teaspoon each salt and pepper and cook, stirring occasionally, until the panko is slightly toasted, about 4 minutes. Scatter over the ham and vegetable mixture; let rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:14.88, Inflammation Score:-10, Nutrition Score:23.666087026181%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg

Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 390.47kcal (19.52%), Fat: 17.87g (27.49%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 38.16g (13.88%), Sugar: 4.44g (4.93%), Cholesterol: 48.34mg (16.11%), Sodium: 695.95mg (30.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.08%), Vitamin A: 7334.16IU (146.68%), Vitamin C: 34.29mg (41.57%), Vitamin K: 39.03µg (37.17%), Vitamin B1: 0.55mg (36.79%), Manganese: 0.7mg (34.92%), Vitamin B6: 0.6mg (29.86%), Vitamin B3: 5.69mg (28.44%), Phosphorus: 277.55mg (27.76%), Potassium: 910.78mg (26.02%), Fiber: 6.38g (25.53%), Selenium: 14.29µg (20.42%), Vitamin B2: 0.3mg (17.6%), Iron: 3.12mg (17.35%), Folate: 66.71µg (16.68%), Magnesium: 64.77mg (16.19%), Copper: 0.32mg (15.82%), Zinc: 1.94mg (12.9%), Calcium: 122.68mg (12.27%), Vitamin B12: 0.56µg (9.33%), Vitamin B5: 0.88mg (8.77%), Vitamin D: 0.83µg (5.51%), Vitamin E: 0.51mg (3.42%)