



WHATSheATE



Ham Broccoli Braid

READY IN



45 min.

SERVINGS



10

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 1 cup broccoli fresh chopped
- ☐ 2 cups ham cooked chopped
- ☐ 16 ounce crescent roll dough refrigerated canned
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley dried
- ☐ 1 small onion chopped
- ☐ 1.5 cups swiss cheese shredded

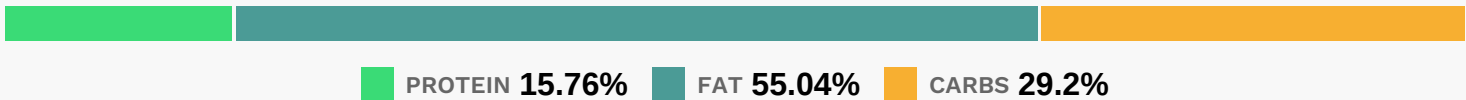
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ kitchen scissors

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, combine ham, broccoli, onion, parsley, mustard and cheese. Stir well.
- ☐ Unroll crescent roll dough, and arrange flat on a medium baking sheet. Pinch together perforations to form a single sheet of dough. Using a knife or scissors, cut 1 inch wide strips in towards the center, starting on the long sides. There should be a solid strip about 3 inches wide down the center, with the cut strips forming a fringe down each side.
- ☐ Spread the filling along the center strip. Fold the side strips over filling, alternating strips from each side. Pinch or twist to seal.
- ☐ Bake in preheated oven for 20 to 25 minutes, until deep golden brown.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:6.7517392117044%

Flavonoids

Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 264.3kcal (13.22%), Fat: 16.65g (25.61%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 19.35g (7.03%), Sugar: 5.04g (5.6%), Cholesterol: 31.56mg (10.52%), Sodium: 684.16mg (29.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.45%), Phosphorus: 170.93mg (17.09%),

Vitamin C: 13.9mg (16.84%), Calcium: 155.45mg (15.55%), Selenium: 10.65µg (15.22%), Vitamin B12: 0.81µg (13.46%), Vitamin K: 11.99µg (11.42%), Vitamin B1: 0.14mg (9.14%), Zinc: 1.29mg (8.6%), Vitamin B2: 0.12mg (7.17%), Iron: 0.96mg (5.31%), Vitamin B6: 0.1mg (4.84%), Vitamin B3: 0.91mg (4.57%), Vitamin A: 195.43IU (3.91%), Magnesium: 14.88mg (3.72%), Manganese: 0.07mg (3.55%), Potassium: 122.9mg (3.51%), Vitamin B5: 0.34mg (3.37%), Folate: 9.58µg (2.39%), Copper: 0.04mg (2.21%), Fiber: 0.53g (2.12%), Vitamin E: 0.2mg (1.3%)