



Ham-Broccoli Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce broccoli frozen thawed chopped
- ☐ 8 ounces colby-jack cheese blend shredded
- ☐ 10 ounce cream of mushroom soup undiluted canned
- ☐ 2 cups ham diced cooked
- ☐ 0.5 teaspoon mustard dried
- ☐ 0.5 teaspoon pepper
- ☐ 15 ounce piecrusts refrigerated
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 11 ounce kernel corn sweet whole drained canned

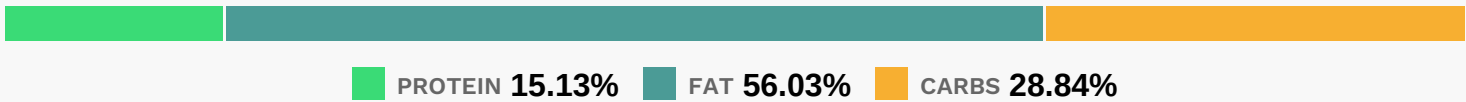
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Arrange chopped broccoli in a lightly greased 11- x 7-inch baking dish.
- ☐ Stir together corn and next 6 ingredients. Spoon over broccoli.
- ☐ Unfold piecrust; pat or roll into an 11- x 7-inch rectangle, and place over ham mixture. Crimp edges, and cut 4 slits for steam to escape.
- ☐ Bake at 400 for 30 to 35 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:22.816086655078%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 687.81kcal (34.39%), Fat: 42.89g (65.98%), Saturated Fat: 18.61g (116.34%), Carbohydrates: 49.67g (16.56%), Net Carbohydrates: 46.52g (16.91%), Sugar: 2.3g (2.55%), Cholesterol: 88.07mg (29.36%), Sodium: 1404.87mg (61.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.11%), Vitamin C: 52.15mg (63.21%), Vitamin K: 55.23µg (52.6%), Phosphorus: 429.4mg (42.94%), Calcium: 338.97mg (33.9%), Manganese: 0.63mg (31.64%), Vitamin B1: 0.46mg (30.64%), Vitamin B2: 0.51mg (29.85%), Selenium: 19.71µg (28.15%), Folate: 108.02µg (27%), Vitamin B3: 4.46mg (22.3%), Zinc: 3.31mg (22.05%), Iron: 3.29mg (18.27%), Vitamin A: 907.49IU (18.15%), Vitamin B12: 1µg (16.66%), Potassium: 541.82mg (15.48%), Vitamin B6: 0.28mg (13.98%), Magnesium: 51.58mg (12.9%), Copper: 0.26mg (12.75%), Fiber: 3.15g (12.62%), Vitamin B5: 1.19mg (11.86%), Vitamin E: 0.95mg (6.31%), Vitamin D: 0.23µg (1.51%)