



## Ham & Cheese Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup broccoli or any other vegetable chopped
- 2 tsp grey poupon dijon mustard
- 4 eggs
- 1 cup ham chopped
- 1.5 cups milk
- 1 cup mozzarella cheese shredded kraft
- 6 oz stove top stuffing mix

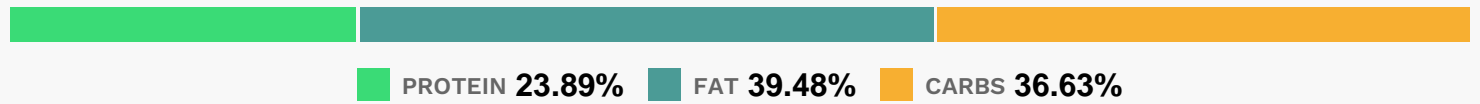
### Equipment

- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350F. Beat eggs with milk and mustard in greased 9-inch square baking dish with wire whisk until well blended.
- Stir in remaining ingredients.
- Bake 40 minutes or until center is set.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:3.73, Inflammation Score:-9, Nutrition Score:23.559999963512%

## Nutrients (% of daily need)

Calories: 481.66kcal (24.08%), Fat: 21.01g (32.32%), Saturated Fat: 9.26g (57.91%), Carbohydrates: 43.86g (14.62%), Net Carbohydrates: 40.58g (14.75%), Sugar: 8.4g (9.34%), Cholesterol: 218.91mg (72.97%), Sodium: 1334.61mg (58.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.2%), Selenium: 49.4µg (70.56%), Vitamin A: 2888.23IU (57.76%), Phosphorus: 443.06mg (44.31%), Vitamin B2: 0.7mg (40.94%), Vitamin B1: 0.6mg (40.08%), Calcium: 335.23mg (33.52%), Vitamin B12: 1.76µg (29.28%), Folate: 108.5µg (27.13%), Vitamin B3: 4.76mg (23.78%), Zinc: 3.19mg (21.26%), Manganese: 0.4mg (20.17%), Vitamin B6: 0.38mg (19.2%), Iron: 3.29mg (18.28%), Potassium: 524.17mg (14.98%), Vitamin D: 2.24µg (14.96%), Vitamin B5: 1.47mg (14.66%), Magnesium: 57.64mg (14.41%), Fiber: 3.29g (13.15%), Copper: 0.21mg (10.5%), Vitamin C: 4.74mg (5.75%), Vitamin E: 0.86mg (5.72%), Vitamin K: 1.56µg (1.48%)