



 **39%**
HEALTH SCORE

Leftover Ham and Vegetable Medley

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets fresh
- 2 cups carrots julienned
- 4 cups finely-chopped ham cooked cut into thin strips
- 1 teaspoon cornstarch
- 2 eggs lightly beaten
- 2 cups green beans french drained
- 1 cup bell pepper green sliced
- 1 onion sliced into rings

- 1 cup peas green frozen
- 1 cup bell pepper red sliced
- 1 tablespoon soya sauce
- 1 tablespoon vegetable oil
- 0.5 cup water

Equipment

- bowl
- frying pan
- wok

Directions

- Heat a wok or large skillet with oil on medium heat.
- Place carrots, onions, green beans, green peas, broccoli, green peppers and red peppers. Cover and simmer for about 15 minutes.
- Make a well in the center of vegetables.
- Place ham in and stir to moisten. Simmer 5 to 10 minutes.
- In a small, lightly greased skillet, scramble the eggs until firm.
- Cut eggs up into small pieces.
- Stir vegetables, ham and eggs together.
- Mix the soy sauce, water and cornstarch in a bowl and pour into center of wok or skillet. Stir quickly until it begins to thicken.

Nutrition Facts



PROTEIN 33.94% **FAT 37.45%** **CARBS 28.61%**

Properties

Glycemic Index:63.29, Glycemic Load:6.28, Inflammation Score:-10, Nutrition Score:37.195652287939%

Flavonoids

Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 350.75kcal (17.54%), Fat: 14.9g (22.92%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 17.16g (6.24%), Sugar: 11.44g (12.71%), Cholesterol: 164.33mg (54.78%), Sodium: 1657.28mg (72.06%), Alcohol: 0g (100%), Protein: 30.38g (60.75%), Vitamin A: 13055.59IU (261.11%), Vitamin C: 171.57mg (207.96%), Vitamin K: 98.51µg (93.82%), Vitamin B1: 0.88mg (58.69%), Phosphorus: 517.03mg (51.7%), Selenium: 31.54µg (45.05%), Vitamin B6: 0.87mg (43.36%), Vitamin B2: 0.62mg (36.54%), Vitamin B3: 6.87mg (34.33%), Fiber: 8.45g (33.8%), Manganese: 0.66mg (32.96%), Potassium: 1094.46mg (31.27%), Folate: 123.16µg (30.79%), Vitamin B12: 1.79µg (29.82%), Zinc: 3.94mg (26.24%), Vitamin B5: 2.13mg (21.26%), Magnesium: 82.37mg (20.59%), Iron: 3.42mg (19.02%), Copper: 0.35mg (17.51%), Vitamin E: 2.29mg (15.27%), Calcium: 105.47mg (10.55%), Vitamin D: 0.44µg (2.93%)