



Mini Broccoli & Ham Cups

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds smoked chopped
- 10 oz broccoli frozen thawed drained chopped well
- 24 slices oscar mayer deli ham smoked fresh
- 0.3 tsp garlic powder
- 0.5 cup philadelphia 1/3 less fat than cream cheese ()
- 0.3 cup oil-packed sun-dried tomatoes drained chopped
- 1 Tbsp parmesan cheese grated kraft

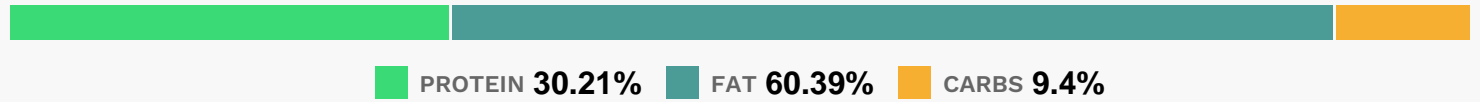
Equipment

- oven
- muffin liners

Directions

- Heat oven to 350F.
- Combine first 5 ingredients.
- Flatten ham slices. Press 1 ham slice onto bottom and up side of each of 24 mini muffin cups. Fill with broccoli mixture; sprinkle with nuts.
- Bake 15 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:5.5117391347885%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 97.55kcal (4.88%), Fat: 6.59g (10.14%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.61g (0.59%), Sugar: 1.01g (1.12%), Cholesterol: 20.24mg (6.75%), Sodium: 359.12mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Vitamin C: 10.99mg (13.32%), Vitamin B1: 0.19mg (12.6%), Vitamin K: 12.6µg (12%), Selenium: 7.08µg (10.11%), Phosphorus: 90.4mg (9.04%), Vitamin B3: 1.51mg (7.53%), Vitamin B6: 0.14mg (6.83%), Vitamin B2: 0.11mg (6.7%), Zinc: 0.82mg (5.48%), Potassium: 184.39mg (5.27%), Manganese: 0.1mg (4.82%), Vitamin E: 0.72mg (4.78%), Magnesium: 15.88mg (3.97%), Vitamin B12: 0.23µg (3.8%), Copper: 0.07mg (3.38%), Iron: 0.52mg (2.88%), Fiber: 0.7g (2.8%), Folate: 10.91µg (2.73%), Vitamin B5: 0.27mg (2.72%), Calcium: 23.38mg (2.34%), Vitamin A: 113.03IU (2.26%), Vitamin D: 0.21µg (1.41%)