



Mouth Watering Medley

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 head broccoli cut into florets
- 2 tablespoons butter
- 1.5 cups finely-chopped ham cubed cooked
- 8 eggs beaten
- 1 onion chopped
- 4 potatoes cubed peeled
- 8 servings salt and pepper to taste
- 0.8 cup cheddar cheese shredded

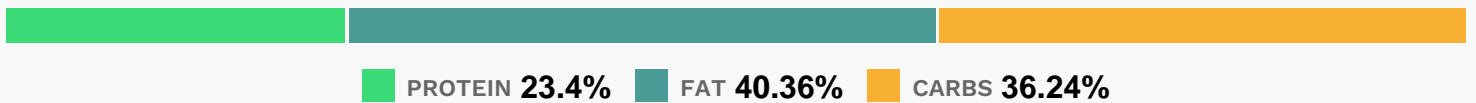
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Heat a lightly oiled skillet over medium high heat.
- Add the potatoes and cook for 10 minutes, until lightly brown.
- Layer in bottom of prepared pan.
- Add butter to skillet and saute broccoli and onions until soft; spoon over potatoes.
- Spread ham on top of broccoli and onions.
- In a large bowl, beat together eggs and cheese. Season with salt and pepper and pour over vegetables.
- Bake in preheated oven until eggs are set and lightly brown on top, about 20 to 30 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.47, Glycemic Load:14.96, Inflammation Score:-8, Nutrition Score:23.446086966473%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 276.15kcal (13.81%), Fat: 12.63g (19.43%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 20.96g (7.62%), Sugar: 2.91g (3.23%), Cholesterol: 197.27mg (65.76%), Sodium: 624.79mg (27.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Vitamin C: 94.73mg (114.82%), Vitamin K: 80.23µg (76.41%), Selenium: 23.02µg (32.89%), Phosphorus: 313.2mg (31.32%), Vitamin B6: 0.6mg (30.01%), Vitamin B2: 0.43mg (25.07%), Potassium: 837.89mg (23.94%), Folate: 91.18µg (22.79%), Vitamin B1: 0.28mg (18.58%), Fiber: 4.55g (18.21%), Manganese: 0.36mg (18.21%), Vitamin A: 907.1IU (18.14%), Vitamin B5: 1.67mg (16.75%), Calcium: 153.43mg (15.34%), Zinc: 2.08mg (13.84%), Magnesium: 54.49mg (13.62%), Vitamin B12: 0.81µg (13.48%), Iron: 2.38mg (13.24%), Vitamin B3: 2.42mg (12.08%), Copper: 0.22mg (10.86%), Vitamin E: 1.23mg (8.19%), Vitamin D: 0.94µg (6.29%)