



Pepperidge Farm® Ham and Cheddar Cheese Shells

READY IN



40 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce campbell's® condensed cheddar cheese soup canned
- ☐ 0.8 cup ham cubed cooked
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.3 cup milk
- ☐ 6 servings paprika
- ☐ 10 ounce puff pastry shells pepperidge farm®
- ☐ 6 slices tomatoes
- ☐ 2 teaspoons worcestershire sauce

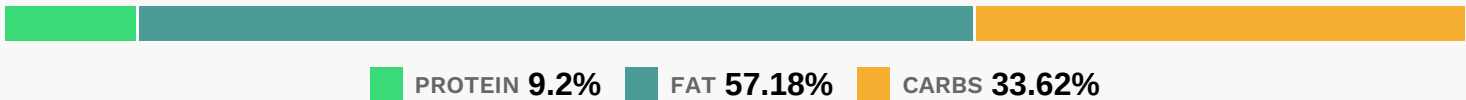
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bake, cool and remove the pastry 'tops' according to the package directions. Divide the ham among the pastry shells and top with the tomato slices.
- ☐ Heat the soup, milk, Worcestershire and mustard in a 1-quart saucepan over medium heat until the mixture is hot and bubbling, stirring often.
- ☐ Pour the soup mixture over the pastry shells.
- ☐ Sprinkle with the paprika.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:12.11, Inflammation Score:-8, Nutrition Score:9.7860869532046%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 343.55kcal (17.18%), Fat: 21.93g (33.74%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 26.85g (9.76%), Sugar: 2.95g (3.28%), Cholesterol: 13.97mg (4.66%), Sodium: 580.83mg (25.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.87%), Vitamin A: 1438.75IU (28.77%), Selenium: 14.97µg (21.39%), Vitamin B1: 0.29mg (19.32%), Manganese: 0.3mg (15.22%), Vitamin B3: 2.87mg (14.34%), Vitamin B2: 0.22mg (12.87%), Potassium: 445.25mg (12.72%), Vitamin K: 11.42µg (10.87%), Iron: 1.95mg (10.81%), Folate: 42.74µg (10.68%), Phosphorus: 98.63mg (9.86%), Vitamin C: 7.28mg (8.82%), Fiber: 2.16g (8.63%), Vitamin E: 1mg (6.67%), Vitamin B6: 0.12mg (5.97%), Copper: 0.11mg (5.27%), Zinc: 0.77mg (5.12%), Magnesium: 19.56mg (4.89%), Calcium: 48.36mg (4.84%), Vitamin B12: 0.27µg (4.54%), Vitamin B5: 0.25mg (2.49%)