



Skillet Ham and Vegetables au Gratin

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- 3.5 cups broccoli frozen thawed drained
- 2 cups carrots sliced
- 1.5 cups finely-chopped ham fully cooked
- 1 tablespoon butter
- 1 cup onion chopped
- 0.3 teaspoon pepper
- 4.7 oz potatoes
- 4 ounces cheddar cheese shredded

2.5 cups water hot

Equipment

frying pan

Directions

Melt margarine in 10-inch skillet over medium-high heat. Cook ham and onion in margarine, stirring frequently, about 5 minutes or until onion is tender. Stir in Potatoes, Sauce

Mix, hot water and pepper.

Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 15 minutes, stirring occasionally. Stir in carrots. Cover and simmer about 10 minutes, stirring occasionally, until potatoes are tender.

Stir in cheese and broccoli. Cover and simmer about 5 minutes longer, stirring occasionally, until cheese is melted and broccoli is hot.

Let stand 5 minutes before serving (sauce will thicken as it stands).

Nutrition Facts

 **PROTEIN 24.18%**  **FAT 47.6%**  **CARBS 28.22%**

Properties

Glycemic Index:41.43, Glycemic Load:5.54, Inflammation Score:-10, Nutrition Score:20.125217468842%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 4.48mg, Kaempferol: 4.48mg, Kaempferol: 4.48mg, Kaempferol: 4.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 198.9kcal (9.95%), Fat: 10.8g (16.61%), Saturated Fat: 4.59g (28.68%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 10.91g (3.97%), Sugar: 4.26g (4.74%), Cholesterol: 39.52mg (13.17%), Sodium: 525.62mg (22.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Vitamin A: 7721.97IU (154.44%), Vitamin C: 61.24mg (74.23%), Vitamin K: 59.11µg (56.3%), Phosphorus: 238.92mg (23.89%), Calcium: 186.35mg (18.63%), Selenium: 12.47µg (17.82%), Vitamin B1: 0.25mg (16.68%), Vitamin B6: 0.33mg (16.6%), Potassium: 527.19mg (15.06%), Vitamin B2: 0.25mg (14.75%), Fiber: 3.49g (13.97%), Folate: 53.92µg (13.48%), Manganese: 0.26mg

(13.15%), Zinc: 1.76mg (11.71%), Vitamin B3: 2.03mg (10.14%), Vitamin B12: 0.6µg (10.02%), Magnesium: 35.91mg (8.98%), Vitamin B5: 0.84mg (8.37%), Copper: 0.13mg (6.7%), Vitamin E: 0.9mg (6.03%), Iron: 1.01mg (5.61%)