



Skillet Ham and Vegetables au Gratin

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 3.5 cups broccoli green frozen thawed drained giant®
- ☐ 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 betty crocker®
- ☐ 4 ounces cheddar cheese shredded

☐ 2.5 cups water hot

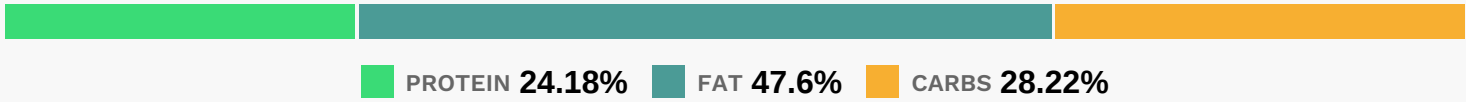
Equipment

☐ 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



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: Og (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%)