

Ham, Broccoli and Cheese Pie

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 cups cooked ham, cut in 1/2-inch dice
1 package frozen broccoli
2 cups Swiss cheese, shredded
3 tablespoons onion, chopped
1 1/2 cups milk, scalded
3 eggs, beaten slightly
salt
pepper
1 ten-inch unbaked pastry shell

Preheat the oven to 450 degrees.

Cook the broccoli according to package directions. Drain. Cut off the stems, chopping them coarsely.

In the unbaked pie shell, spread one-half of the ham, one-half of the broccoli stems, one-half of the broccoli flowerets and one-half of the cheese. Repeat the layers. Spread the chopped onion on top.

In a bowl, gradually stir the milk into the beaten eggs. Add the seasonings (go light on salt). Pour carefully on top of the filled pie.

Bake for 10 minutes. Lower the heat to 325 degrees.

Bake for 25 to 30 minutes until the center is firm.

You can make the pie more attractive by reserving two tablespoons of the cheese and sprinkling it on top of the pie before baking.

Per Serving (excluding unknown items): 451 Calories; 29g Fat (59.6% calories from fat); 36g Protein; 9g Carbohydrate; trace Dietary Fiber; 262mg Cholesterol; 1134mg Sodium. Exchanges: 4 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	451	Vitamin B6 (mg):	.4mg
% Calories from Fat:	59.6%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	8.3%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	32.1%	Riboflavin B2 (mg):	.7mg

Total Fat (g): 29g
Saturated Fat (g): 15g
Monounsaturated Fat (g): 10g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 262mg
Carbohydrate (g): 9g
Dietary Fiber (g): trace
Protein (g): 36g
Sodium (mg): 1134mg
Potassium (mg): 488mg
Calcium (mg): 680mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 20mg
Vitamin A (i.u.): 783IU
Vitamin A (r.e.): 232RE

Folacin (mcg): 30mcg
Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 4 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 451 **Calories from Fat:** 268

% Daily Values*

Total Fat	29g	45%
Saturated Fat	15g	77%
Cholesterol	262mg	87%
Sodium	1134mg	47%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	1%
Protein	36g	
Vitamin A		16%
Vitamin C		34%
Calcium		68%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.