

Leftover Ham Surprise

Peg O'Shea

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

1 jar (16 ounce) processed cheese spread
1 can (10-1/2 ounce) cream of mushroom soup
1 package (16 ounce) chopped broccoli, thawed and drained
2 to 3 cups leftover cooked ham, diced

Preheat the oven to 350 degrees.

In a 1-1/2-quart buttered casserole, mix the cheese and mushroom soup. Add the broccoli and ham.

Bake for 30 minutes or until the broccoli is tender.

Serve over baked pastry shells or toasted English muffins.

Per Serving (excluding unknown items): 26 Calories; 2g Fat (52.6% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 176mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	26
% Calories from Fat:	52.6%
% Calories from Carbohydrates:	35.0%
% Calories from Protein:	12.4%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	trace
Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 176mg
Potassium (mg): 64mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 14mg
Vitamin A (i.u.): 226IU
Vitamin A (r.e.): 22 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 26 Calories from Fat: 13

% Daily Values*

Total Fat	2g	2%
Saturated Fat	trace	2%
Cholesterol	trace	0%
Sodium	176mg	7%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	2%
Protein	1g	
Vitamin A		5%
Vitamin C		23%
Calcium		1%
Iron		1%

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