

Keto Ham Casserole with Swiss Cheese and Broccoli

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-cheese-broccoli-ham-rolls-recipe>

Ingredients:

- 3 cups ham spiral or cubed, cut into small pieces
- 12 ounces fresh broccoli florets
- 4 ounces cream cheese softened
- 1/2 cup mayonnaise
- 5 ounces plain Greek yogurt
- 1 1/2 tablespoons Dijon mustard
- 1 tablespoon worcestershire
- 2 tablespoons brown sugar substitute
- 1/2 teaspoon poppyseeds optional
- 4 ounces Swiss cheese shredded

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 165 milligrams
4. Fat: 45 grams
5. Fiber: 5 grams
6. Protein: 43 grams
7. SaturatedFat: 18 grams
8. Sodium: 2650 milligrams
9. Sugar: 7 grams

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