



Baked Ham and Cheese Appetizer

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



263 kcal

SIDE DISH

Ingredients

- 16 ounce cream cheese softened
- 4 ounce chilies green chopped canned
- 2 cups sharp cheddar cheese grated
- 1 cup ham smoked chopped
- 8 ounce cup heavy whipping cream sour

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix cream cheese, Cheddar cheese, sour cream, ham, and green chilies in a baking dish.
- Bake in the preheated oven until bubbling, about 30 minutes; serve hot.

Nutrition Facts

 **PROTEIN 14.29%**  **FAT 79.61%**  **CARBS 6.1%**

Properties

Glycemic Index:4.5, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:5.2547826391199%

Nutrients (% of daily need)

Calories: 263.14kcal (13.16%), Fat: 23.58g (36.28%), Saturated Fat: 13.33g (83.33%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.46g (2.73%), Cholesterol: 74.96mg (24.99%), Sodium: 451.17mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.05%), Calcium: 190.32mg (19.03%), Phosphorus: 174.07mg (17.41%), Vitamin A: 814.1IU (16.28%), Selenium: 9.28µg (13.26%), Vitamin B2: 0.2mg (11.87%), Zinc: 1.2mg (7.99%), Vitamin B12: 0.32µg (5.37%), Magnesium: 14.77mg (3.69%), Potassium: 125.99mg (3.6%), Vitamin E: 0.54mg (3.59%), Vitamin B5: 0.36mg (3.57%), Copper: 0.05mg (2.52%), Folate: 8.49µg (2.12%), Vitamin B6: 0.04mg (2.1%), Vitamin C: 1.3mg (1.58%), Iron: 0.27mg (1.5%), Vitamin K: 1.53µg (1.46%), Fiber: 0.31g (1.25%), Vitamin B1: 0.02mg (1.2%)