



## Cheddar Potatoes with Ham and Beans

READY IN



90 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb lime wedges refrigerated
- 1 cup finely-chopped ham cooked (2x)
- 14.5 oz haricots verts french drained canned
- 10.8 oz broccoli canned
- 0.5 cup milk
- 1 cup cheddar cheese shredded
- 1 tablespoon butter melted
- 0.5 cup breadcrumbs plain

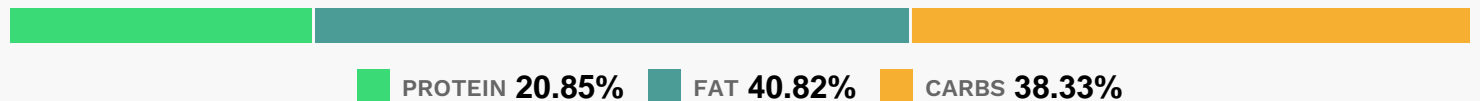
## Equipment

- bowl
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 12x8-inch (2-quart) glass baking dish with nonstick cooking spray.
- Place potatoes, ham and green beans in sprayed baking dish.
- In small bowl, combine soup, milk and 1/2 cup of the cheese; mix well.
- Pour over mixture in baking dish; stir gently to mix.
- Sprinkle with remaining 1/2 cup cheese.
- In small bowl, combine butter and bread crumbs; mix well.
- Sprinkle over top.
- Bake at 350°F. for 1 hour 10 minutes to 1 hour 15 minutes or until mixture is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:56.25, Glycemic Load:6.53, Inflammation Score:-9, Nutrition Score:28.693478252577%

## Flavonoids

Hesperetin: 48.76mg, Hesperetin: 48.76mg, Hesperetin: 48.76mg, Hesperetin: 48.76mg Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 6.44mg, Kaempferol: 6.44mg, Kaempferol: 6.44mg, Kaempferol: 6.44mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

## Nutrients (% of daily need)

Calories: 345.85kcal (17.29%), Fat: 17.02g (26.19%), Saturated Fat: 8.6g (53.73%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 27.42g (9.97%), Sugar: 8.96g (9.96%), Cholesterol: 60.06mg (20.02%), Sodium: 677.53mg (29.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Vitamin C: 120.08mg (145.55%), Vitamin K: 124.49µg (118.56%), Calcium: 375.74mg (37.57%), Phosphorus: 375.54mg (37.55%), Fiber: 8.54g (34.15%), Vitamin A: 1660.39IU (33.21%), Vitamin B1: 0.48mg (31.87%), Vitamin B2: 0.51mg (29.89%), Selenium: 20.58µg (29.4%), Folate: 112.31µg (28.08%), Manganese: 0.53mg (26.62%), Vitamin B6: 0.45mg (22.69%), Potassium: 747.45mg (21.36%), Iron: 3.23mg (17.96%), Magnesium: 71.59mg (17.9%), Zinc: 2.67mg (17.83%), Vitamin B3: 3.42mg (17.08%), Vitamin B12: 0.92µg (15.26%), Vitamin B5: 1.47mg (14.69%), Copper: 0.26mg (12.91%), Vitamin E: 1.58mg (10.56%), Vitamin D: 0.5µg (3.37%)