



Cheddar Potatoes with Ham and Beans

READY IN



90 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

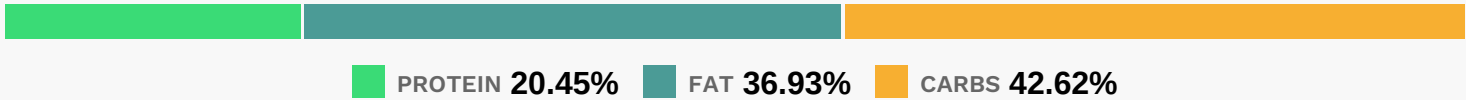
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. 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 350F. for 1 hour 10 minutes to 1 hour 15 minutes or until mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:69.19, Glycemic Load:18.23, Inflammation Score:-9, Nutrition Score:30.940434829048%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 7.34mg, Kaempferol: 7.34mg, Kaempferol: 7.34mg, Kaempferol: 7.34mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 399.15kcal (19.96%), Fat: 16.9g (26%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 36.01g (13.09%), Sugar: 7.93g (8.81%), Cholesterol: 60.06mg (20.02%), Sodium: 682.07mg (29.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.11%), Vitamin C: 109.42mg (132.63%),

Vitamin K: 125.96µg (119.96%), Phosphorus: 419.77mg (41.98%), Vitamin B6: 0.74mg (36.98%), Vitamin B1: 0.53mg (35.65%), Calcium: 351.92mg (35.19%), Manganese: 0.7mg (34.84%), Vitamin A: 1605.96IU (32.12%), Potassium: 1109.19mg (31.69%), Fiber: 7.86g (31.43%), Vitamin B2: 0.52mg (30.69%), Folate: 121.39µg (30.35%), Selenium: 20.47µg (29.24%), Magnesium: 90.87mg (22.72%), Vitamin B3: 4.38mg (21.92%), Zinc: 2.88mg (19.19%), Iron: 3.44mg (19.1%), Vitamin B5: 1.56mg (15.59%), Copper: 0.31mg (15.35%), Vitamin B12: 0.92µg (15.26%), Vitamin E: 1.35mg (8.97%), Vitamin D: 0.5µg (3.37%)