



Cheesy Ham and Banana Casserole

READY IN



65 min.

SERVINGS



9

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 bananas sliced
- ☐ 9 servings butter
- ☐ 6 slices bacon crumbled cooked
- ☐ 1 cup cup heavy whipping cream
- ☐ 8 large slices deli ham
- ☐ 4 large eggs
- ☐ 1 cup milk
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 cups potato chips crushed

- ☐ 9 servings salt and pepper black freshly ground
- ☐ 2 cups cheddar shredded
- ☐ 12 slices bread white

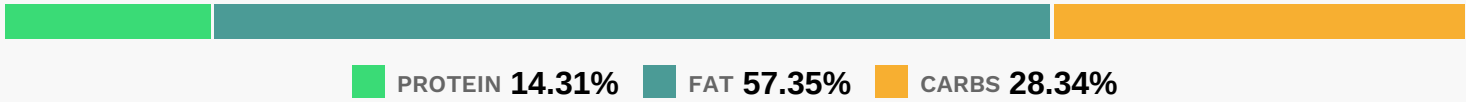
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Butter a 9 by 13 glass baking dish. Butter both sides of the bread and layer 6 of them into the bottom of the baking dish, overlapping them as necessary but keep them even.
- ☐ Layer the slices of ham on top of the bread and then the bananas, 6 more slices of bread, then the cheese, potato chips, and bacon. In a separate bowl, beat together the eggs, milk, cream, nutmeg, salt, and pepper.
- ☐ Pour this over the casserole almost to the top.
- ☐ Bake for 45 minutes until brown and bubbly.
- ☐ Cut into squares and remove with a spatula, like lasagna.

Nutrition Facts



Properties

Glycemic Index:38.51, Glycemic Load:18.18, Inflammation Score:-7, Nutrition Score:18.772174047387%

Flavonoids

Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg, Catechin: 3.2mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg,

Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 577.12kcal (28.86%), Fat: 37.27g (57.34%), Saturated Fat: 17.26g (107.89%), Carbohydrates: 41.43g (13.81%), Net Carbohydrates: 38.67g (14.06%), Sugar: 10.52g (11.69%), Cholesterol: 168.05mg (56.02%), Sodium: 819.91mg (35.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.85%), Selenium: 29.67µg (42.39%), Phosphorus: 334.69mg (33.47%), Calcium: 321.29mg (32.13%), Vitamin B2: 0.49mg (28.9%), Vitamin B1: 0.41mg (27.5%), Vitamin B6: 0.5mg (24.98%), Manganese: 0.49mg (24.69%), Vitamin B3: 4.02mg (20.12%), Vitamin E: 2.98mg (19.84%), Vitamin A: 963.77IU (19.28%), Vitamin B5: 1.91mg (19.09%), Potassium: 643.31mg (18.38%), Folate: 70.74µg (17.69%), Zinc: 2.55mg (16.98%), Magnesium: 54.81mg (13.7%), Vitamin B12: 0.82µg (13.67%), Iron: 2.18mg (12.13%), Fiber: 2.76g (11.06%), Vitamin C: 8.8mg (10.67%), Vitamin D: 1.49µg (9.94%), Copper: 0.18mg (8.85%), Vitamin K: 6.61µg (6.3%)