



Cheesy Ham Potato Bake

 Gluten Free

READY IN



70 min.

SERVINGS



15

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 15 servings salt and ground pepper black to taste
- ☐ 12 ounce ham steak diced pre-cooked
- ☐ 30 ounce hash brown potatoes frozen thawed
- ☐ 1 onion chopped
- ☐ 2 cups sharp cheddar cheese shredded to taste
- ☐ 8 ounce cup heavy whipping cream sour

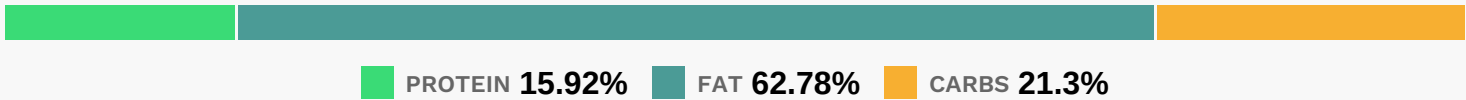
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Stir hash browns, ham, Cheddar cheese, onion, cream of chicken soup, sour cream, and butter in a large bowl; season with salt and black pepper.
- ☐ Transfer mixture to prepared baking dish and cover with aluminum foil.
- ☐ Bake until bubbly and cheese is melted, 45 minutes to 1 hour.
- ☐ Remove foil and continue baking until brown, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:3.76, Inflammation Score:-4, Nutrition Score:7.5060868937036%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 247.42kcal (12.37%), Fat: 17.46g (26.85%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.38g (4.5%), Sugar: 0.99g (1.1%), Cholesterol: 58.44mg (19.48%), Sodium: 569.24mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.92%), Phosphorus: 183.77mg (18.38%), Selenium: 9.99µg (14.27%), Calcium: 135.61mg (13.56%), Vitamin C: 10.63mg (12.89%), Vitamin B1: 0.19mg (12.61%), Vitamin B2: 0.17mg (9.87%), Vitamin A: 471.93IU (9.44%), Vitamin B3: 1.86mg (9.32%), Vitamin B12: 0.52µg (8.74%), Zinc: 1.31mg (8.71%), Potassium: 279.63mg (7.99%), Vitamin B6: 0.13mg (6.67%), Manganese: 0.13mg (6.63%), Copper: 0.12mg (5.99%), Iron: 1.03mg (5.7%), Vitamin B5: 0.55mg (5.52%), Magnesium: 18.45mg (4.61%), Fiber: 0.94g (3.78%),

Vitamin E: 0.46mg (3.05%), Folate: 9.06µg (2.27%), Vitamin K: 2.14µg (2.04%)