

Cheesy Potatoes and Ham

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter cubed
- 10 ounces cream of mushroom soup undiluted canned
- 2 cups finely-chopped ham cubed fully cooked
- 0.3 cup onion chopped
- 6 cups potatoes (with added milk and butter) mashed
- 1 cup processed cheese food cubed (Velveeta)
- 1.5 teaspoons worcestershire sauce

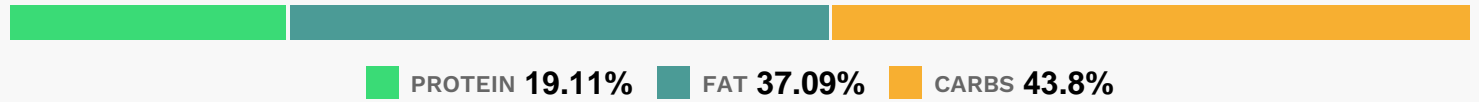
Equipment

- sauce pan
- oven
- baking pan

Directions

- In a large saucepan, combine the soup, cheese and butter. Cook and stir over medium heat until cheese is melted. stir in the ham, onion and Worcestershire sauce.
- Pour into a greased 2-qt. baking dish. Top with mashed potatoes.
- Bake, uncovered, at 350° for 30-35 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:31.29, Glycemic Load:27.23, Inflammation Score:-6, Nutrition Score:19.154782448126%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 370.49kcal (18.52%), Fat: 15.4g (23.7%), Saturated Fat: 7.88g (49.23%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 36.09g (13.12%), Sugar: 2.6g (2.89%), Cholesterol: 63.23mg (21.08%), Sodium: 1222.32mg (53.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.71%), Vitamin C: 50.83mg (61.62%), Phosphorus: 396.91mg (39.69%), Vitamin B6: 0.76mg (37.78%), Potassium: 1103.13mg (31.52%), Calcium: 277.44mg (27.74%), Vitamin B1: 0.38mg (25.66%), Manganese: 0.5mg (24.95%), Vitamin B3: 4.01mg (20.07%), Fiber: 4.83g (19.31%), Copper: 0.38mg (19.03%), Selenium: 12.89µg (18.41%), Zinc: 2.57mg (17.12%), Magnesium: 66.54mg (16.63%), Vitamin B12: 0.96µg (16.08%), Vitamin B2: 0.25mg (14.42%), Iron: 2.53mg (14.06%), Vitamin B5: 1.15mg (11.48%), Folate: 41.43µg (10.36%), Vitamin A: 342.64IU (6.85%), Vitamin K: 4.97µg (4.73%), Vitamin E: 0.32mg (2.12%)