



Cheesy Scalloped Potatoes with Ham

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 clove garlic finely chopped
- 2 lb potatoes white peeled thinly sliced (4 medium)
- 0.5 lb finely-chopped ham fully cooked cut into 1/2-inch pieces (2 cups)
- 4 oz processed cheese food shredded
- 3 tablespoons flour all-purpose
- 0.3 teaspoon pepper
- 2 cups frangelico

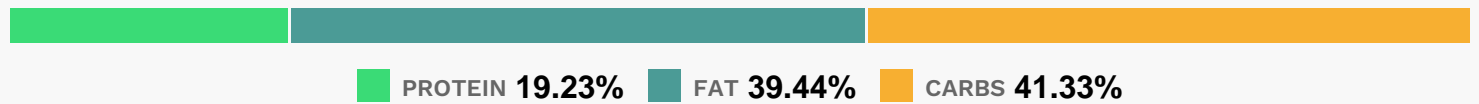
Equipment

dutch oven

Directions

- In 4-quart Dutch oven, melt butter over medium heat. Cook garlic in butter 1 minute, stirring occasionally, until softened.
- Remove from heat. Stir in potatoes, ham, cheese, flour and pepper.
- Pour half-and-half over potato mixture.
- Heat to boiling over medium-high heat; reduce heat to low. Cover and simmer about 30 minutes, stirring occasionally, until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:41.29, Glycemic Load:21.65, Inflammation Score:-5, Nutrition Score:14.79608686074%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 12.82g (19.73%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 26.78g (9.74%), Sugar: 1.62g (1.8%), Cholesterol: 46.49mg (15.5%), Sodium: 805.65mg (35.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.07g (28.14%), Vitamin C: 38.76mg (46.98%), Phosphorus: 323.72mg (32.37%), Vitamin B6: 0.56mg (28.08%), Vitamin B1: 0.36mg (23.67%), Potassium: 776.79mg (22.19%), Calcium: 221.15mg (22.11%), Selenium: 13.1µg (18.72%), Vitamin B3: 3.18mg (15.89%), Manganese: 0.3mg (15.07%), Fiber: 3.46g (13.84%), Vitamin B12: 0.82µg (13.69%), Magnesium: 48.86mg (12.21%), Vitamin B2: 0.2mg (11.97%), Zinc: 1.78mg (11.9%), Copper: 0.22mg (11.15%), Iron: 1.81mg (10.06%), Vitamin B5: 0.88mg (8.78%), Folate: 33.78µg (8.44%), Vitamin A: 349.05IU (6.98%), Vitamin K: 3.52µg (3.35%), Vitamin E: 0.31mg (2.1%)