



Country Ham and Cheese Loaded Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup canadian bacon chopped (or Canadian bacon)
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 oz cheddar cheese shredded 2% reduced-fat
- ☐ 6 servings potatoes
- ☐ 0.3 cup cream light sour
- ☐ 1 teaspoon vegetable oil

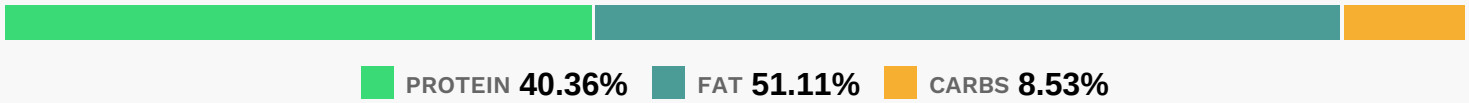
Equipment

- ☐ frying pan

Directions

- ☐ Prepare Basic
- ☐ Baked Potatoes as directed.
- ☐ Cook ham in hot vegetable oil in a small skillet over medium heat, stirring often, 5 to 7 minutes or until browned. Divide ham, Cheddar cheese, sour cream, and chopped fresh chives among Basic
- ☐ Baked Potatoes.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:3.4847825655471%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 68.19kcal (3.41%), Fat: 3.81g (5.87%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.11g (0.12%), Cholesterol: 15.2mg (5.07%), Sodium: 244.12mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.55%), Vitamin B1: 0.16mg (10.33%), Phosphorus: 101.89mg (10.19%), Selenium: 6.61µg (9.45%), Vitamin B3: 1.26mg (6.3%), Calcium: 55.81mg (5.58%), Vitamin K: 4.7µg (4.47%), Vitamin B6: 0.09mg (4.4%), Vitamin B2: 0.07mg (4.02%), Vitamin D: 0.58µg (3.87%), Vitamin B12: 0.22µg (3.64%), Zinc: 0.51mg (3.37%), Potassium: 103.03mg (2.94%), Vitamin A: 116.31IU (2.33%), Magnesium: 6.68mg (1.67%), Vitamin C: 1.15mg (1.4%), Vitamin B5: 0.13mg (1.28%), Iron: 0.21mg (1.18%), Folate: 4.62µg (1.15%)