



Country Ham Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 4 large eggs
- ☐ 1 pound green beans rinsed ends trimmed cut into 2-inch pieces
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 pounds thin-skinned potatoes white peeled sliced into 1/8-inch-thick rounds
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces ham smoked cooked cut into 1/2-inch pieces
- ☐ 2.5 oz swiss cheese grated

☐ 1.5 cups milk whole 2% (or)

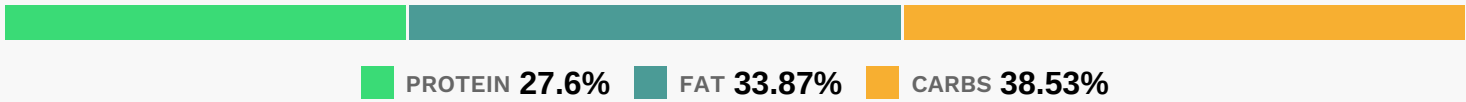
Equipment

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

Directions

- ☐ In a 4- to 5-quart pan over high heat, bring about 2 quarts water to a boil.
- ☐ Add green beans and cook until crisp-tender to bite, about 3 minutes.
- ☐ Drain.
- ☐ In a lightly oiled 3-quart baking dish, arrange about a third of the ham, followed by a third of the beans and a third of the potatoes. Repeat to make two more layers.
- ☐ In a bowl, beat eggs, milk, lemon juice, salt, and pepper just to blend.
- ☐ Pour over potatoes. Cover dish with foil.
- ☐ Bake gratin in a 350 oven until potatoes are tender when pierced, about 45 minutes. Uncover, sprinkle cheese evenly over top, and continue to bake until cheese is browned and bubbling, about 25 minutes longer.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:2.62, Inflammation Score:-7, Nutrition Score:17.939130347708%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

0.1mg, Myricetin: 0.1mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 271.68kcal (13.58%), Fat: 10.48g (16.12%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 22.82g (8.3%), Sugar: 7.09g (7.87%), Cholesterol: 160.45mg (53.48%), Sodium: 770.03mg (33.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.42%), Phosphorus: 381.72mg (38.17%), Vitamin K: 36.38µg (34.65%), Potassium: 926.39mg (26.47%), Calcium: 242.56mg (24.26%), Vitamin C: 19.94mg (24.17%), Selenium: 15.98µg (22.82%), Vitamin B2: 0.39mg (22.74%), Vitamin B6: 0.4mg (20.15%), Vitamin A: 907.04IU (18.14%), Magnesium: 71.08mg (17.77%), Manganese: 0.35mg (17.35%), Vitamin B12: 0.98µg (16.38%), Copper: 0.33mg (16.33%), Zinc: 2.44mg (16.26%), Fiber: 4g (15.99%), Folate: 62.6µg (15.65%), Iron: 2.71mg (15.05%), Vitamin B1: 0.2mg (13.56%), Vitamin B5: 1.28mg (12.8%), Vitamin B3: 1.96mg (9.79%), Vitamin D: 1.34µg (8.92%), Vitamin E: 0.78mg (5.18%)