



## Country Scalloped Potatoes

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

### Ingredients

- 5 medium baking potatoes peeled thinly sliced
- 10.5 ounce campbell's® chicken gravy canned
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or )
- 2.5 cups ham diced cooked
- 1 cup milk
- 1 small onion thinly sliced
- 1 cup cheddar cheese shredded

### Equipment

- bowl
- oven
- baking pan

## Directions

- Stir soup, gravy and milk in bowl.
- Layer half the potatoes, onion, ham and soup mixture in 13x9x2" shallow baking dish. Repeat layers. Cover.
- Bake at 375 degrees F for 40 minutes. Uncover and bake 25 minutes. Top with cheese.
- Bake 5 minutes more or until potatoes are tender and cheese melts.
- Let stand 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.46, Glycemic Load:26.31, Inflammation Score:-6, Nutrition Score:18.133478216503%

## Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 386.59kcal (19.33%), Fat: 16.23g (24.97%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 38.8g (14.11%), Sugar: 5.14g (5.71%), Cholesterol: 67.64mg (22.55%), Sodium: 1172.66mg (50.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.38%), Vitamin B6: 0.79mg (39.49%), Phosphorus: 381.06mg (38.11%), Vitamin B1: 0.44mg (29.36%), Potassium: 1014.79mg (28.99%), Vitamin C: 22.05mg (26.73%), Selenium: 17.11µg (24.44%), Calcium: 228.01mg (22.8%), Manganese: 0.42mg (21.05%), Vitamin B2: 0.33mg (19.57%), Vitamin B3: 3.71mg (18.55%), Vitamin B12: 1.1µg (18.39%), Zinc: 2.5mg (16.69%), Vitamin B5: 1.66mg (16.56%), Magnesium: 64.38mg (16.1%), Copper: 0.31mg (15.25%), Iron: 2.24mg (12.42%), Vitamin K: 12.55µg (11.95%), Vitamin A: 568.02IU (11.36%), Fiber: 2.81g (11.24%), Folate: 33.45µg (8.36%), Vitamin E: 0.89mg (5.92%), Vitamin D: 0.56µg (3.74%)