



Creamy Ham and Potato Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups potatoes frozen with onions and peppers (from 28-oz bag)
- 1.5 cups green beans frozen
- 1.5 cups finely-chopped ham cooked finely chopped
- 0.8 cup milk
- 2 oz processed cheese food shredded
- 10.8 oz cream of chicken soup fat-free 98% 30% with less sodium canned

Equipment

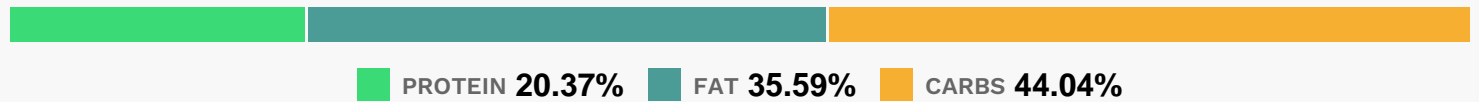
- bowl

- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- In large bowl, mix all ingredients; spoon into baking dish.
- Bake about 1 hour or until bubbly and hot.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:59.44, Glycemic Load:24.25, Inflammation Score:-7, Nutrition Score:19.958695619003%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 345.81kcal (17.29%), Fat: 13.83g (21.27%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 33.93g (12.34%), Sugar: 5.51g (6.12%), Cholesterol: 56.69mg (18.9%), Sodium: 1290.45mg (56.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.61%), Vitamin C: 46.01mg (55.77%), Phosphorus: 389.87mg (38.99%), Vitamin B6: 0.67mg (33.34%), Potassium: 993.85mg (28.4%), Vitamin B1: 0.42mg (28.14%), Calcium: 251.77mg (25.18%), Vitamin K: 24.36µg (23.2%), Manganese: 0.41mg (20.47%), Selenium: 14.29µg (20.41%), Vitamin B2: 0.33mg (19.15%), Vitamin B3: 3.83mg (19.13%), Fiber: 4.58g (18.31%), Vitamin B12: 1.06µg (17.62%), Copper: 0.35mg (17.57%), Magnesium: 67.66mg (16.91%), Iron: 2.91mg (16.17%), Zinc: 2.26mg (15.08%), Vitamin B5: 1.3mg (13.03%), Vitamin A: 634.51IU (12.69%), Folate: 42.74µg (10.69%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.59µg (3.92%)