



Creamy Ham Casserole

READY IN



41 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs soft
- ☐ 1 tablespoon butter cold
- ☐ 4 tablespoons butter
- ☐ 3 ounce mushrooms drained sliced canned
- ☐ 1 medium cauliflower
- ☐ 2 cups ham cubed cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 4 ounces cheddar cheese shredded

☐ 0.5 cup cup heavy whipping cream sour

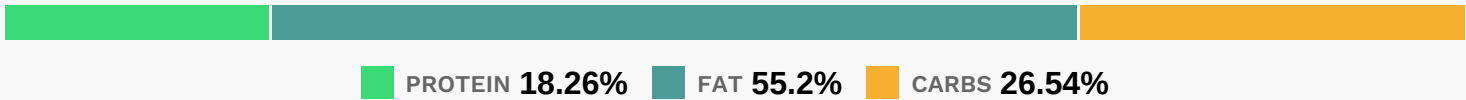
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cut cauliflower into florets (about 3 cups). Cook in boiling salted water to cover 10 to 12 minutes or until tender; drain and set aside.
- ☐ Melt 4 tablespoons butter in a medium saucepan over medium-high heat.
- ☐ Whisk in flour until smooth. Gradually add milk, whisking constantly, until mixture begins to thicken.
- ☐ Add cheese and sour cream, stirring until cheese melts. (Do not boil.)
- ☐ Stir cauliflower, ham, and mushrooms into cheese sauce; pour into a 2-quart baking dish.
- ☐ Sprinkle breadcrumbs evenly over casserole.
- ☐ Cut 1 tablespoon butter into pieces, and sprinkle evenly over breadcrumbs.
- ☐ Bake casserole, uncovered, at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:5.59, Inflammation Score:-7, Nutrition Score:19.578260908956%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 403.35kcal (20.17%), Fat: 25.04g (38.52%), Saturated Fat: 9.27g (57.92%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 23.84g (8.67%), Sugar: 5.97g (6.63%), Cholesterol: 62.58mg (20.86%), Sodium: 910.96mg (39.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.26%), Vitamin C: 55.16mg (66.87%), Vitamin B1: 0.52mg (34.76%), Phosphorus: 343.59mg (34.36%), Selenium: 22.33µg (31.91%), Calcium: 265.38mg (26.54%), Vitamin B2: 0.43mg (25.47%), Folate: 94.66µg (23.66%), Manganese: 0.4mg (19.84%), Vitamin B3: 3.73mg (18.64%), Vitamin B12: 1.07µg (17.77%), Vitamin B6: 0.35mg (17.65%), Zinc: 2.43mg (16.23%), Vitamin K: 16.93µg (16.12%), Potassium: 557.79mg (15.94%), Vitamin A: 791.98IU (15.84%), Vitamin B5: 1.52mg (15.17%), Fiber: 3.25g (13.02%), Iron: 2.07mg (11.5%), Magnesium: 45.93mg (11.48%), Copper: 0.18mg (8.98%), Vitamin E: 0.69mg (4.62%), Vitamin D: 0.59µg (3.93%)