



Creamy Ham & Cheese Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups three cheese shredded with a touch of philadelphia kraft
- 1.8 cups ham cooked chopped
- 2 cups croutons
- 0.7 cup mayo with olive oil cracked pepper reduced fat mayonnaise kraft
- 0.3 cup milk
- 0.3 cup onions red chopped
- 1 tomatoes chopped

Equipment

oven

Directions

Heat oven to 350F.

Combine ingredients.

Spoon into 2-qt. casserole sprayed with cooking spray.

Bake 35 min. or until heated through.

Nutrition Facts

 **PROTEIN 21.28%**  **FAT 60.88%**  **CARBS 17.84%**

Properties

Glycemic Index:4.04, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:1.2517391197059%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 33.46kcal (1.67%), Fat: 2.25g (3.47%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.29g (0.33%), Cholesterol: 6.95mg (2.32%), Sodium: 101.7mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Selenium: 2.31µg (3.29%), Phosphorus: 31.37mg (3.14%), Calcium: 27.73mg (2.77%), Vitamin B1: 0.03mg (2.12%), Vitamin K: 1.89µg (1.8%), Vitamin B2: 0.03mg (1.8%), Vitamin B12: 0.1µg (1.67%), Vitamin C: 1.32mg (1.6%), Zinc: 0.24mg (1.58%), Vitamin A: 59.2IU (1.18%), Vitamin B3: 0.23mg (1.13%)