



Easy Cheese and Ham Scalloped Potatoes

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



577 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups ham cubed fully cooked
- ☐ 1 clove garlic minced
- ☐ 1 quart heavy cream
- ☐ 1 small onion chopped
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 5 yukon gold potatoes peeled thinly sliced

Equipment

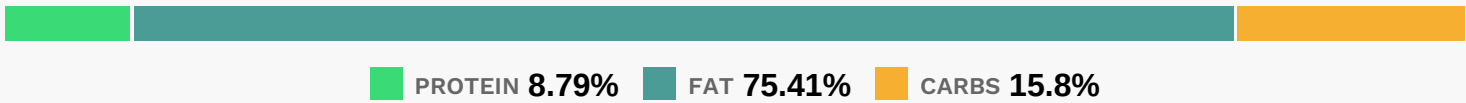
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place the potatoes, onion, garlic, Cheddar cheese, and ham in a 9x13 inch baking dish. Gently stir until well combined.
- ☐ Pour the cream over the potato mixture.
- ☐ Bake in the preheated oven until the potatoes are tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:20.97, Glycemic Load:13.9, Inflammation Score:-8, Nutrition Score:14.31521734984%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 577.27kcal (28.86%), Fat: 49.23g (75.73%), Saturated Fat: 30.31g (189.45%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 20.71g (7.53%), Sugar: 4.7g (5.23%), Cholesterol: 163.26mg (54.42%), Sodium: 375.82mg (16.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Vitamin A: 1882.79IU (37.66%), Vitamin C: 27.34mg (33.14%), Phosphorus: 258.84mg (25.88%), Vitamin B2: 0.37mg (21.88%), Vitamin B6: 0.43mg (21.7%), Calcium: 194.65mg (19.47%), Potassium: 644.38mg (18.41%), Selenium: 12.16µg (17.37%), Vitamin B1: 0.23mg (15.32%), Vitamin D: 1.98µg (13.18%), Zinc: 1.6mg (10.68%), Vitamin B12: 0.64µg (10.63%), Magnesium: 41.95mg (10.49%), Fiber: 2.49g (9.98%), Vitamin B3: 1.97mg (9.84%), Manganese: 0.19mg (9.63%), Vitamin B5: 0.87mg (8.72%), Copper: 0.16mg (8.06%), Vitamin E: 1.21mg (8.05%), Folate: 27.01µg (6.75%), Iron: 1.17mg (6.52%), Vitamin K: 6.18µg (5.89%)