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network



## Scalloped Potatoes with Ham

 Popular

READY IN



80 min.

SERVINGS



5

CALORIES



716 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 2 tablespoons butter
- 2 cups cheddar cheese grated
- 2 tablespoons flour
- 12 ounces ham sliced
- 1.5 cups milk
- 2 medium onion thinly sliced
- 4 large baking potatoes peeled thinly sliced

5 servings salt and pepper

## Equipment

frying pan

sauce pan

oven

whisk

baking pan

## Directions

Preheat oven to 350 degrees. Butter a baking dish. In a saucepan, melt 2 tablespoons butter over medium high heat. Stir in flour and cook for 1 minute.

Remove saucepan from heat and whisk in milk. Return pan to heat and bring to a simmer while stirring. When sauce has thickened remove from heat, season with salt and pepper and set aside. In a skillet, cook onions in melted butter until golden brown. Season with salt and pepper.

Spread 1/3 of the white sauce in bottom of baking dish and top with half of the potatoes.

Spread out half of the onions, ham, cheese And another third of the sauce. Season with salt and pepper. Continue layering ingredients, ending with the remaining cheese on top.

Bake for 45 minutes or until golden and bubbly,;

## Nutrition Facts



**PROTEIN 19.26%** **FAT 45.15%** **CARBS 35.59%**

## Properties

Glycemic Index:70.35, Glycemic Load:46.12, Inflammation Score:-8, Nutrition Score:28.173478292382%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

## Nutrients (% of daily need)

Calories: 715.63kcal (35.78%), Fat: 36.24g (55.76%), Saturated Fat: 18.53g (115.79%), Carbohydrates: 64.27g (21.42%), Net Carbohydrates: 59.6g (21.67%), Sugar: 7.38g (8.2%), Cholesterol: 114.23mg (38.08%), Sodium: 1395.43mg (60.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.58%), Vitamin B6: 1.41mg (70.36%), Phosphorus: 606.93mg (60.69%), Vitamin B1: 0.75mg (49.95%), Potassium: 1639.69mg (46.85%), Calcium: 465.44mg (46.54%), Selenium: 32.13µg (45.9%), Vitamin B2: 0.58mg (33.98%), Vitamin B3: 6.42mg (32.11%), Zinc: 4.5mg (29.98%), Manganese: 0.56mg (27.91%), Magnesium: 107.04mg (26.76%), Vitamin C: 20.08mg (24.34%), Vitamin B12: 1.32µg (22.07%), Copper: 0.4mg (19.89%), Iron: 3.44mg (19.1%), Fiber: 4.67g (18.67%), Vitamin B5: 1.74mg (17.36%), Folate: 66.96µg (16.74%), Vitamin A: 785.24IU (15.7%), Vitamin D: 1.55µg (10.35%), Vitamin K: 7.39µg (7.04%), Vitamin E: 0.86mg (5.7%)