



Grilled Ham and Potatoes Au Gratin Foil Pack

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



461 kcal

SIDE DISH

Ingredients

- 1.8 cups finely-chopped ham cubed cooked () (3/4 lb)
- 3 medium baking potatoes peeled cut into 1/8-inch wedges (3 cups) cut in half lengthwise, then
- 1.3 cups alfredo sauce (from 16-oz jar)
- 4 oz swiss cheese shredded
- 2 tablespoons chives fresh chopped

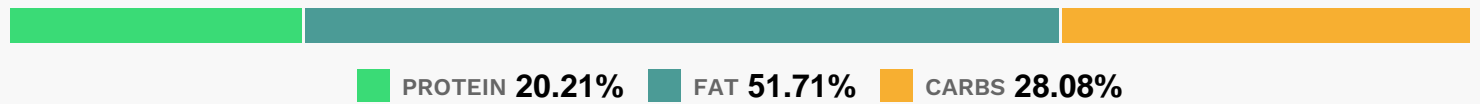
Equipment

- grill
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 20x18-inch sheet of heavy-duty foil; spray with cooking spray.
- Place ham on center of sheet. Top with potatoes, pasta sauce and cheese.
- Bring up 2 sides of foil over ham mixture so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packet on grill over low heat. Cover grill; cook 20 to 25 minutes, rotating packet 1/2 turn after 10 minutes, until potatoes are tender.
- To serve, cut large X across top of packet; carefully fold back foil to allow steam to escape.
- Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:22.83, Inflammation Score:-4, Nutrition Score:16.192608781483%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 460.53kcal (23.03%), Fat: 26.25g (40.39%), Saturated Fat: 12.82g (80.14%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 29.95g (10.89%), Sugar: 2.34g (2.6%), Cholesterol: 116.68mg (38.89%), Sodium: 1187.08mg (51.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.16%), Phosphorus: 395.82mg (39.58%), Vitamin B6: 0.7mg (34.98%), Calcium: 277.42mg (27.74%), Selenium: 18.97µg (27.11%), Vitamin B1: 0.4mg (26.49%), Vitamin C: 21.5mg (26.06%), Vitamin B12: 1.55µg (25.89%), Potassium: 829.65mg (23.7%), Zinc: 2.81mg (18.75%), Vitamin B3: 3.44mg (17.18%), Vitamin B2: 0.26mg (15.18%), Magnesium: 57.11mg (14.28%), Manganese: 0.28mg (14.05%), Copper: 0.24mg (11.83%), Vitamin B5: 1.04mg (10.39%), Iron: 1.85mg (10.31%), Fiber: 2.11g (8.46%), Folate: 27.97µg (6.99%), Vitamin K: 6.47µg (6.16%), Vitamin A: 302.19IU (6.04%), Vitamin E: 0.19mg (1.26%)