

Ham and Cheesy Potatoes

READY IN



85 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cubes chicken bouillon
- ☐ 1 cup ham cubed cooked
- ☐ 2 tablespoons cornstarch
- ☐ 4 tablespoons flour all-purpose
- ☐ 2 teaspoons lemon pepper
- ☐ 2 cups milk
- ☐ 1 teaspoon onion powder
- ☐ 3 cups potatoes julienned
- ☐ 1.5 cups cheddar cheese shredded

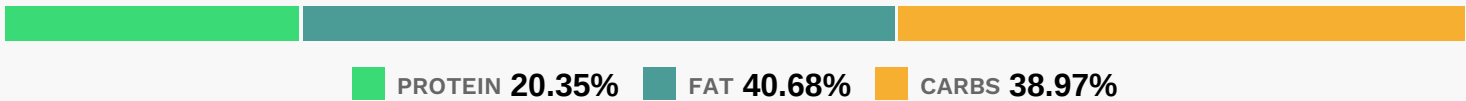
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with nonstick cooking spray.
- ☐ In a saucepan over medium heat, toast flour until golden. Stir in cornstarch, lemon pepper and onion powder. Gradually whisk in milk, then chicken bouillon. Cook, stirring, until sauce is thickened.
- ☐ Remove from heat, and stir in Cheddar cheese until smooth.
- ☐ Layer potatoes and ham in prepared baking dish.
- ☐ Pour sauce evenly over potatoes and ham.
- ☐ Bake in preheated oven for 1 hour.
- ☐ Let sit 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:63.94, Glycemic Load:26.85, Inflammation Score:-7, Nutrition Score:21.594782611598%

Flavonoids

Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 456.24kcal (22.81%), Fat: 20.72g (31.88%), Saturated Fat: 10.95g (68.46%), Carbohydrates: 44.66g (14.89%), Net Carbohydrates: 40.63g (14.77%), Sugar: 7.3g (8.11%), Cholesterol: 77.64mg (25.88%), Sodium: 663.31mg (28.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.64%), Phosphorus: 501.39mg

(50.14%), Calcium: 477.85mg (47.78%), Vitamin C: 37.73mg (45.73%), Selenium: 23.15µg (33.08%), Vitamin B6: 0.65mg (32.52%), Vitamin B2: 0.51mg (30.13%), Potassium: 984.49mg (28.13%), Vitamin B1: 0.42mg (27.91%), Vitamin B12: 1.51µg (25.11%), Manganese: 0.45mg (22.53%), Zinc: 3.23mg (21.53%), Magnesium: 72.3mg (18.07%), Vitamin B3: 3.27mg (16.35%), Fiber: 4.03g (16.13%), Vitamin B5: 1.39mg (13.93%), Vitamin A: 630.86IU (12.62%), Copper: 0.25mg (12.33%), Folate: 49.17µg (12.29%), Iron: 2.02mg (11.22%), Vitamin D: 1.6µg (10.64%), Vitamin K: 6.06µg (5.77%), Vitamin E: 0.41mg (2.74%)