



Ham and Corn Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup finely-chopped ham cooked finely chopped
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup spring onion sliced
- ☐ 3 eggs beaten
- ☐ 14.8 oz corn cream-style canned
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 2 cups frangelico

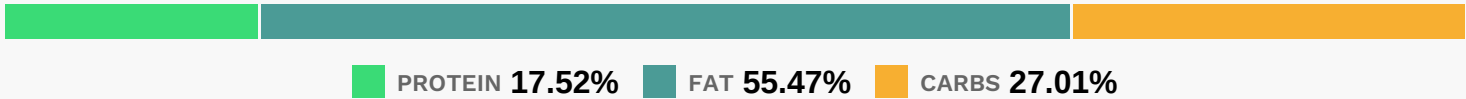
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- ☐ In large bowl, mix ingredients.
- ☐ Pour into baking dish.
- ☐ Bake 45 to 55 minutes or until golden brown and set.
- ☐ Let stand 5 minutes before cutting.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:9.9947825618412%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 294.61kcal (14.73%), Fat: 18.61g (28.63%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 19.45g (7.07%), Sugar: 2.49g (2.77%), Cholesterol: 114.49mg (38.16%), Sodium: 728.84mg (31.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.46%), Phosphorus: 245.68mg (24.57%), Selenium: 16.14µg (23.05%), Vitamin B2: 0.28mg (16.49%), Folate: 62.68µg (15.67%), Calcium: 156.04mg (15.6%), Vitamin A: 739.61IU (14.79%), Zinc: 1.93mg (12.86%), Vitamin B12: 0.67µg (11.19%), Vitamin C: 8.93mg (10.83%), Vitamin B1: 0.14mg (9.46%), Vitamin B3: 1.79mg (8.97%), Vitamin K: 9.14µg (8.71%), Potassium: 266.98mg (7.63%), Magnesium: 30.38mg (7.59%), Vitamin B6: 0.15mg (7.3%), Vitamin B5: 0.72mg (7.16%), Iron: 1.02mg (5.65%),

Manganese: 0.1mg (5%), Copper: 0.1mg (4.97%), Vitamin E: 0.74mg (4.92%), Fiber: 0.94g (3.78%), Vitamin D: 0.55µg (3.69%)