



Ham and Hash Brown Casserole

READY IN



80 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon mustard dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 32 ounce hash browns frozen with onions and peppers, thawed cubed
- ☐ 8 ounces low-salt ham chopped reduced-fat
- ☐ 8 ounce carton nonfat cream sour
- ☐ 0.3 teaspoon pepper
- ☐ 4 ounces process cheese spread cubed reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 1.8 cups evaporated skimmed milk divided

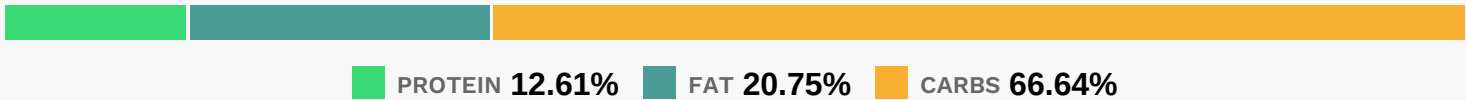
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine flour and 1/2 cup milk, stirring until smooth.
- ☐ Combine flour mixture, remaining 1 1/4 cups milk, mustard, pepper, and salt in a medium saucepan, stirring well. Cook over medium heat, stirring constantly, until milk mixture is thickened and bubbly.
- ☐ Remove from heat; add cheese, stirring until cheese melts. Stir in sour cream.
- ☐ Combine cheese mixture, ham, and hash browns in a large bowl, stirring well. Spoon potato mixture into a 13- x 9- x 2-inch baking dish coated with cooking spray. Cover and bake at 350 for 30 minutes. Uncover and bake 30 to 35 additional minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:21.41, Glycemic Load:8.17, Inflammation Score:-3, Nutrition Score:7.5134782457481%

Nutrients (% of daily need)

Calories: 191.87kcal (9.59%), Fat: 4.36g (6.71%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 29.82g (10.84%), Sugar: 4.16g (4.63%), Cholesterol: 11.89mg (3.96%), Sodium: 278.73mg (12.12%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.97g (11.93%), Calcium: 171.41mg (17.14%), Phosphorus: 150.77mg (15.08%), Potassium: 478.87mg (13.68%), Vitamin B3: 2.53mg (12.67%), Vitamin C: 10.24mg (12.41%), Vitamin B1: 0.17mg (11.67%), Manganese: 0.2mg (9.95%), Vitamin B2: 0.15mg (8.92%), Iron: 1.33mg (7.36%), Vitamin B12: 0.42µg (7.07%), Vitamin B6: 0.14mg (7.02%), Copper: 0.14mg (6.92%), Fiber: 1.7g (6.81%), Vitamin A: 310.87IU (6.22%), Selenium: 4.26µg (6.09%), Magnesium: 23.44mg (5.86%), Vitamin B5: 0.57mg (5.72%), Zinc: 0.68mg (4.54%), Vitamin D: 0.59µg (3.93%), Folate: 14.19µg (3.55%)