



Ham-and-Potato Bake

 Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



315 kcal

SIDE DISH

Ingredients

- 1 serving butter for pan
- 6 large eggs
- 1.5 cups cup heavy whipping cream
- 2 teaspoons coarse salt
- 0.5 teaspoon pepper
- 1.3 pounds baking potatoes peeled
- 10 ounces ham thick thinly sliced (less than)
- 10 ounces broccoli frozen dry with paper towels thawed

2 ounces cheddar cheese grated

Equipment

bowl

frying pan

oven

knife

whisk

cake form

aluminum foil

serrated knife

Directions

Preheat oven to 350 degrees. Butter a 9-inch-round cake pan (at least 2 inches deep). Line bottom of pan with a parchment-paper round.

In a large bowl, whisk together eggs and cream; season with salt and pepper. Thinly slice potatoes (less than 1/4 inch thick); drop into egg mixture.

Lifting potatoes out of egg mixture, arrange half the potatoes in pan.

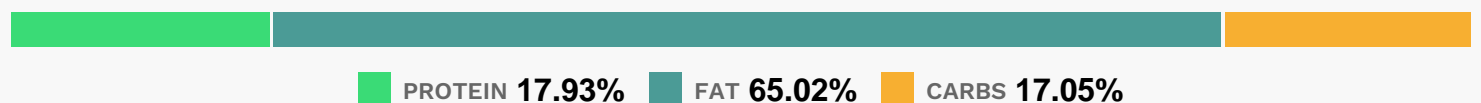
Layer with ham, broccoli, cheese, and remaining potatoes.

Pour egg mixture over top. Press down firmly so that potatoes are fully submerged in egg mixture.

Cover with foil; bake until potatoes are tender, about 1 hour. Uncover; continue baking until golden and set, 30 to 45 minutes more.

Cool 15 to 20 minutes in pan. Run a knife around edge, and carefully invert onto a plate. Peel off parchment. Reinvert, top side up. Slice with a serrated knife.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:8.47, Inflammation Score:-6, Nutrition Score:13.96565236216%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 314.57kcal (15.73%), Fat: 22.98g (35.36%), Saturated Fat: 12.24g (76.5%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.06g (4.39%), Sugar: 2.01g (2.23%), Cholesterol: 176.26mg (58.75%), Sodium: 906.35mg (39.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.51%), Vitamin C: 28.73mg (34.83%), Vitamin K: 31.5µg (30%), Selenium: 19.27µg (27.53%), Phosphorus: 216.92mg (21.69%), Vitamin B6: 0.42mg (21.03%), Vitamin B2: 0.34mg (20.24%), Vitamin A: 933.83IU (18.68%), Vitamin B1: 0.26mg (17.19%), Potassium: 488.33mg (13.95%), Folate: 43.4µg (10.85%), Zinc: 1.62mg (10.81%), Vitamin B3: 2.08mg (10.41%), Calcium: 103.98mg (10.4%), Vitamin B5: 1.04mg (10.39%), Vitamin B12: 0.57µg (9.44%), Vitamin D: 1.4µg (9.36%), Manganese: 0.18mg (8.79%), Iron: 1.52mg (8.47%), Magnesium: 32.2mg (8.05%), Vitamin E: 1.03mg (6.85%), Copper: 0.12mg (6.25%), Fiber: 1.5g (6%)