



Ham and Potato Casserole (Easy and Economical!)

 Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



378 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce lite luncheon meat cut into 1/2-inch chunks spam® canned such as
- ☐ 0.5 cup butter cut into pieces
- ☐ 1 cup milk
- ☐ 2 tablespoons salt to taste
- ☐ 5 pounds potatoes white peeled sliced

Equipment

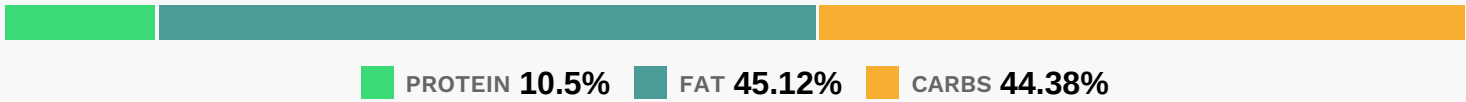
- ☐ pot

☐ dutch oven

Directions

- ☐ Grease a heavy pot or Dutch oven.
- ☐ Layer about 1/3 of the potatoes into the bottom of the prepared pot.
- ☐ Spread 1/2 of the luncheon meat on top.
- ☐ Sprinkle with about 1/2 of the margarine and about 1/3 of the salt. Repeat the steps once more, then layer the remaining potatoes and margarine on top. Season with salt.
- ☐ Pour milk over potato mixture and cover.
- ☐ Heat pot over medium-high heat until milk begins to bubble, then reduce heat to medium-low. Simmer until potatoes are tender, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:12.18, Glycemic Load:29.44, Inflammation Score:-6, Nutrition Score:14.787826216739%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 378.04kcal (18.9%), Fat: 19.17g (29.49%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 37.44g (13.61%), Sugar: 2.94g (3.27%), Cholesterol: 27.08mg (9.03%), Sodium: 2004.87mg (87.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Vitamin C: 44.7mg (54.18%), Vitamin B6: 0.76mg (37.96%), Potassium: 1135.61mg (32.45%), Phosphorus: 207.9mg (20.79%), Vitamin B1: 0.3mg (20.27%), Fiber: 4.99g (19.96%), Vitamin B3: 3.62mg (18.1%), Manganese: 0.35mg (17.58%), Magnesium: 60.23mg (15.06%), Copper: 0.26mg (13.18%), Selenium: 8.94µg (12.77%), Iron: 2mg (11.1%), Vitamin B2: 0.17mg (10.02%), Folate: 37.42µg (9.36%), Vitamin A: 450.05IU (9%), Zinc: 1.3mg (8.68%), Vitamin B5: 0.77mg (7.72%), Calcium: 61.5mg (6.15%), Vitamin B12: 0.3µg (4.94%), Vitamin K: 4.38µg (4.17%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.47µg (3.15%)