



Ham and Swiss Cheese Potato Bake

READY IN



74 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1 package potatoes
- ☐ 2.5 cups water boiling
- ☐ 0.7 cup milk
- ☐ 1.5 cups finely-chopped ham cubed fully cooked
- ☐ 4 ounces swiss cheese shredded
- ☐ 0.5 cup breadcrumbs plain

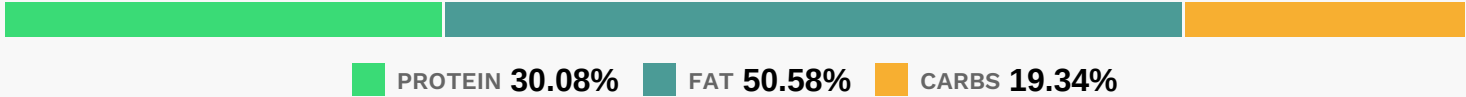
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 400°F. Stir together Potatoes, Sauce
- ☐ Mix and boiling water in ungreased 2-quart casserole. Stir in milk, ham and cheese.
- ☐ Bake uncovered 50 minutes; sprinkle with bread crumbs.
- ☐ Bake 10 to 14 minutes longer or until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:8.0956522951955%

Nutrients (% of daily need)

Calories: 168.31kcal (8.42%), Fat: 9.36g (14.39%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.64g (2.78%), Sugar: 1.86g (2.07%), Cholesterol: 41.45mg (13.82%), Sodium: 442.37mg (19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.04%), Phosphorus: 233.3mg (23.33%), Calcium: 222.7mg (22.27%), Selenium: 14.07µg (20.09%), Vitamin B12: 1.15µg (19.12%), Vitamin B1: 0.25mg (16.94%), Vitamin B2: 0.2mg (11.66%), Zinc: 1.71mg (11.39%), Vitamin B3: 1.64mg (8.21%), Vitamin C: 6.62mg (8.02%), Vitamin B6: 0.11mg (5.67%), Magnesium: 20.32mg (5.08%), Manganese: 0.1mg (4.91%), Vitamin B5: 0.48mg (4.79%), Potassium: 151.81mg (4.34%), Vitamin A: 200.79IU (4.02%), Copper: 0.08mg (4.01%), Iron: 0.7mg (3.89%), Folate: 12.21µg (3.05%), Vitamin D: 0.3µg (1.99%), Fiber: 0.41g (1.63%)