



Ham, Potato and Broccoli Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



689 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce broccoli frozen chopped
- 10.8 ounce cream of mushroom soup canned
- 1.5 cups finely-chopped ham cubed cooked
- 16 ounce fries frozen french
- 0.3 cup mayonnaise
- 10.8 ounce milk canned
- 1 cup parmesan cheese grated

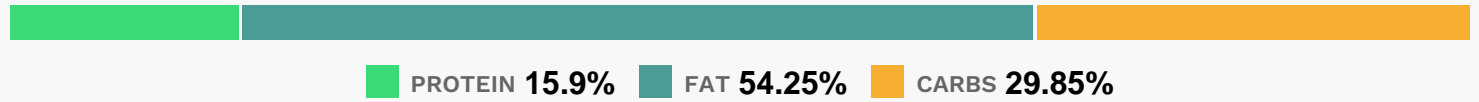
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Spray a 9x13 inch baking dish with cooking spray. Cover bottom of dish with layer of French fries.
- Add a layer of broccoli, then sprinkle ham evenly over broccoli. In a small bowl mix together soup, milk and mayonnaise.
- Pour mixture evenly over ingredients in baking dish and sprinkle with cheese.
- Bake uncovered in preheated oven for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:46.08, Glycemic Load:21.57, Inflammation Score:-8, Nutrition Score:32.184348127116%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 689.17kcal (34.46%), Fat: 42.34g (65.14%), Saturated Fat: 13.85g (86.55%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 44.22g (16.08%), Sugar: 5.69g (6.32%), Cholesterol: 71.52mg (23.84%), Sodium: 2178.04mg (94.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.86%), Vitamin C: 118.17mg (143.23%), Vitamin K: 139.14µg (132.51%), Phosphorus: 546.38mg (54.64%), Calcium: 384.93mg (38.49%), Manganese: 0.77mg (38.47%), Potassium: 1224.11mg (34.97%), Fiber: 8.2g (32.81%), Selenium: 22.31µg (31.87%), Vitamin B6: 0.61mg (30.47%), Vitamin B1: 0.46mg (30.34%), Vitamin B2: 0.51mg (29.91%), Vitamin B3: 5.56mg (27.78%), Zinc: 4.04mg (26.92%), Folate: 105.19µg (26.3%), Vitamin B12: 1.49µg (24.75%), Vitamin B5: 2.17mg (21.66%), Vitamin A: 1055.25IU (21.1%), Magnesium: 76.49mg (19.12%), Iron: 3.36mg (18.67%), Copper: 0.31mg (15.3%), Vitamin E: 1.51mg (10.06%), Vitamin D: 0.99µg (6.61%)