



Hearty Ham Casserole

READY IN



80 min.

SERVINGS



5

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 2 cups finely-chopped ham cubed cooked
- 0.3 cup flour all-purpose
- 0.3 cup parsley fresh finely minced
- 0.1 teaspoon pepper black
- 1.8 cups milk
- 1 tablespoon onion chopped
- 2 cups potatoes cubed
- 4 ounces processed cheese food shredded

15.3 ounce corn whole drained canned

Equipment

sauce pan

oven

pot

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of salted water to a boil.

Add potatoes and cook until tender but still firm, about 15 minutes.

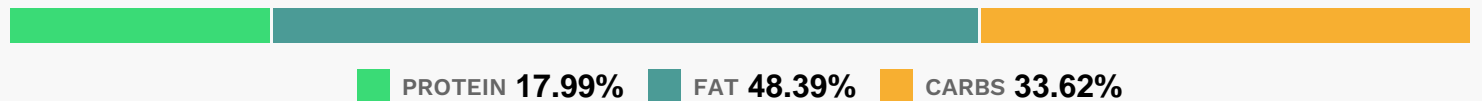
Drain and cool.

Combine potatoes, ham, corn and parsley; set aside. In a saucepan saute onion in butter for 2 minutes, stir in flour until blended well. Gradually add milk and pepper. Bring to a boil. Cook and stir for 2 minutes.

Remove from heat and pour over the ham mixture. Stir to mix well.

Pour into greased 11x7 baking dish. Cover and bake for 25 minutes. Uncover, sprinkle with cheese and bake 5 to 10 minutes longer until cheese melts.

Nutrition Facts



Properties

Glycemic Index:72.95, Glycemic Load:17.17, Inflammation Score:-7, Nutrition Score:20.304782577183%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 445.11kcal (22.26%), Fat: 24.01g (36.94%), Saturated Fat: 12.52g (78.23%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 35.32g (12.84%), Sugar: 5.42g (6.02%), Cholesterol: 90.33mg (30.11%), Sodium: 1154.39mg (50.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.17%), Vitamin K: 52.55µg (50.05%), Phosphorus: 461.07mg (46.11%), Vitamin C: 32.69mg (39.62%), Calcium: 365.36mg (36.54%), Vitamin B1: 0.44mg (29.37%), Selenium: 18.36µg (26.23%), Vitamin B12: 1.46µg (24.3%), Potassium: 770.83mg (22.02%), Vitamin B6: 0.44mg (21.86%), Vitamin B2: 0.37mg (21.58%), Vitamin B3: 3.81mg (19.06%), Vitamin A: 891.02IU (17.82%), Zinc: 2.51mg (16.75%), Folate: 62.22µg (15.56%), Magnesium: 58.31mg (14.58%), Manganese: 0.28mg (14.07%), Vitamin B5: 1.12mg (11.17%), Iron: 1.96mg (10.87%), Copper: 0.2mg (9.91%), Fiber: 2.22g (8.87%), Vitamin D: 1.08µg (7.17%), Vitamin E: 0.52mg (3.5%)