



Heavenly Potatoes and Ham

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups parmesan flavored
- 0.3 cup butter melted
- 10.8 ounce cream of chicken soup canned
- 2 cups finely-chopped ham cooked chopped
- 0.3 cup spring onion chopped
- 5 pounds potatoes - remove skin red quartered
- 12 servings salt and pepper to taste
- 2 cups cheddar cheese shredded

16 ounce cream sour

Equipment

bowl

oven

pot

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Place potatoes in a large pot of water, and bring to a boil. Boil until slightly tender, about 12 minutes.

Drain, and transfer to a large bowl.

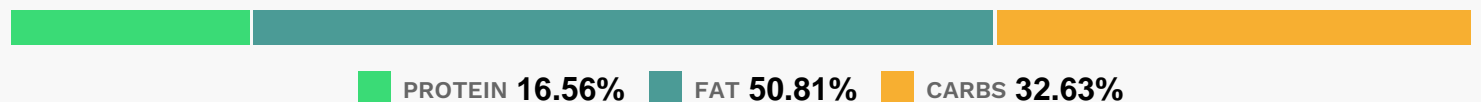
Mix sour cream, butter, cream of chicken soup, Cheddar cheese, green onions, ham, salt and pepper with the potatoes.

Spread mixture in the prepared baking dish.

Sprinkle with bread crumbs, and drizzle with butter.

Bake 30 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:16.130869642548%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 418.47kcal (20.92%), Fat: 23.97g (36.88%), Saturated Fat: 12.73g (79.59%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 31.37g (11.41%), Sugar: 4.08g (4.53%), Cholesterol: 75.58mg (25.19%), Sodium: 989.5mg (43.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.58g (35.16%), Phosphorus: 381.79mg

(38.18%), Calcium: 345.67mg (34.57%), Potassium: 1005.48mg (28.73%), Vitamin C: 21.4mg (25.94%), Selenium: 14.76µg (21.08%), Vitamin B6: 0.41mg (20.54%), Vitamin B1: 0.28mg (18.37%), Vitamin B2: 0.31mg (18.03%), Copper: 0.33mg (16.31%), Magnesium: 61.43mg (15.36%), Zinc: 2.29mg (15.27%), Manganese: 0.31mg (15.25%), Vitamin B3: 3.03mg (15.16%), Vitamin A: 720.23IU (14.4%), Fiber: 3.27g (13.07%), Vitamin K: 12.4µg (11.81%), Vitamin B12: 0.7µg (11.71%), Iron: 2mg (11.12%), Folate: 43.67µg (10.92%), Vitamin B5: 1.01mg (10.09%), Vitamin E: 0.59mg (3.93%), Vitamin D: 0.18µg (1.17%)