



Leftover Ham -n- Potato Casserole

 Popular

READY IN



75 min.

SERVINGS



6

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup bread crumbs
- 0.3 cup butter
- 2 cups ham cubed fully cooked
- 3 tablespoons flour all-purpose
- 6 servings salt and ground pepper black to taste
- 1.5 cups milk
- 1 small onion finely chopped
- 6 small potatoes cubed peeled

- 8 ounce cheddar cheese shredded

Equipment

- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan

Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain.
- Preheat oven to 350 degrees F (175 degrees C).
- Grease a 1 1/2-quart baking dish.
- Melt 3 tablespoons butter in a skillet over medium heat. Stir in the ham and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Stir potatoes into ham mixture; transfer to the prepared baking dish.
- Melt 1/4 cup butter in a saucepan over medium heat. Stir flour into melted butter until smooth.
- Gradually whisk milk into flour mixture; season with salt and black pepper. Continue cooking and stirring until thickened, about 2 minutes.
- Reduce heat to medium-low and stir Cheddar cheese into the white sauce until melted.
- Pour sauce over ham and potatoes.
- Sprinkle bread crumbs atop casserole.
- Bake in the preheated oven until sauce is bubbly and browned, 25 to 30 minutes.

Nutrition Facts



■ PROTEIN 18.59% ■ FAT 47.83% ■ CARBS 33.58%

Properties

Glycemic Index:55.46, Glycemic Load:25.4, Inflammation Score:-7, Nutrition Score:20.885651982349%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 482kcal (24.1%), Fat: 25.79g (39.67%), Saturated Fat: 14g (87.53%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 36.46g (13.26%), Sugar: 5.17g (5.75%), Cholesterol: 92.95mg (30.98%), Sodium: 809.96mg (35.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.09%), Vitamin C: 43.13mg (52.28%), Phosphorus: 458.9mg (45.89%), Calcium: 379.13mg (37.91%), Vitamin B6: 0.68mg (34.14%), Selenium: 22.39µg (31.98%), Vitamin B1: 0.46mg (30.64%), Potassium: 975.61mg (27.87%), Vitamin B2: 0.44mg (25.77%), Vitamin B12: 1.29µg (21.55%), Zinc: 3.09mg (20.61%), Manganese: 0.38mg (18.94%), Vitamin B3: 3.75mg (18.76%), Magnesium: 68.82mg (17.21%), Fiber: 4.27g (17.07%), Vitamin A: 718.11IU (14.36%), Copper: 0.26mg (13.12%), Vitamin B5: 1.28mg (12.83%), Folate: 50.46µg (12.62%), Iron: 2.13mg (11.86%), Vitamin D: 0.9µg (5.99%), Vitamin K: 5.5µg (5.24%), Vitamin E: 0.56mg (3.73%)