



New-Look Scalloped Potatoes and Ham

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2640 kcal

SIDE DISH

Ingredients

- 16 oz knudsen cream fat free sour
- 4 green onions sliced
- 0.5 lb oscar mayer ham smoked chopped ()
- 12 oz milk velveeta 2% cut into 1/2-inch cubes
- 0.3 cup parmesan cheese grated kraft
- 4.5 lb potatoes red cut into 1/4-inch-thick slices (14)

Equipment

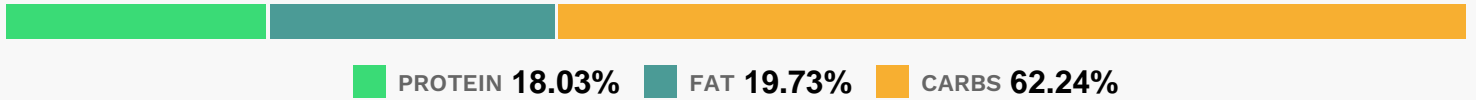
- bowl

- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook potatoes in boiling water in large saucepan 10 to 12 min. or just until potatoes are tender; drain.
- Remove 3/4 of the potatoes; place in large bowl.
- Add sour cream; mash until smooth. Stir in VELVEETA, ham and onions. Gently stir in remaining potato slices.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; sprinkle with Parmesan.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:6.77, Inflammation Score:-10, Nutrition Score:85.235217260278%

Flavonoids

Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 18.39mg, Quercetin: 18.39mg, Quercetin: 18.39mg, Quercetin: 18.39mg

Nutrients (% of daily need)

Calories: 2640.32kcal (132.02%), Fat: 58.87g (90.57%), Saturated Fat: 24.49g (153.09%), Carbohydrates: 417.82g (139.27%), Net Carbohydrates: 381.87g (138.86%), Sugar: 45.6g (50.67%), Cholesterol: 244.01mg (81.34%), Sodium: 4273.5mg (185.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 121g (241.99%), Potassium: 11209.85mg (320.28%), Phosphorus: 2681.22mg (268.12%), Vitamin B6: 4.68mg (233.98%), Vitamin B1: 3.42mg (228.1%), Vitamin C: 184.56mg (223.71%), Vitamin B3: 34.52mg (172.58%), Copper: 3.05mg (152.46%), Vitamin K: 160µg (152.38%), Manganese: 3.02mg (151.07%), Magnesium: 596.68mg (149.17%), Calcium: 1460.98mg (146.1%), Selenium: 101.23µg (144.62%), Fiber: 35.95g (143.79%), Vitamin B2: 2.41mg (141.68%), Folate: 456.33µg (114.08%), Zinc: 16.93mg (112.87%), Iron: 17.7mg (98.31%), Vitamin B12: 4.99µg (83.11%), Vitamin B5: 8.12mg (81.17%), Vitamin A: 2545.47IU (50.91%), Vitamin D: 5.45µg (36.36%), Vitamin E: 1.58mg (10.55%)