



Scalloped Potatoes & Ham

READY IN



45 min.

SERVINGS



6

CALORIES



497 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.5 pound ham cubed cooked
- 0.5 teaspoon mustard dry
- 0.3 cup flour all-purpose
- 1.5 cup milk
- 2 tablespoons onion chopped
- 0.1 teaspoon pepper
- 6 cups potatoes cooked peeled sliced
- 1 teaspoon salt

2 cups cheddar cheese shredded divided

Equipment

frying pan

oven

baking pan

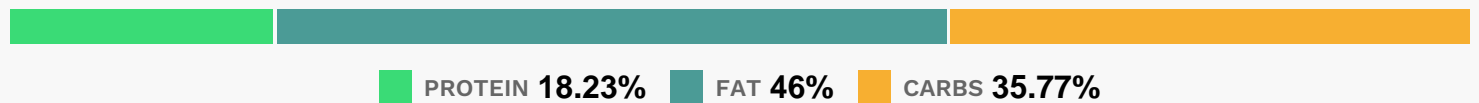
Directions

In a skillet over medium heat, saut onion in butter; blend in flour, mustard, salt and pepper. Gradually add milk, stirring constantly until thickened; mix in 1 1/2 cups cheese and stir until melted.

Remove from heat; add potatoes and toss to coat. Spoon into a greased 13"x9" baking pan; arrange ham and remaining cheese on top.

Bake, uncovered, at 350 degrees for 30 minutes, until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:55.46, Glycemic Load:31.14, Inflammation Score:-7, Nutrition Score:22.164347876673%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 497.36kcal (24.87%), Fat: 25.61g (39.41%), Saturated Fat: 13.94g (87.12%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 39.97g (14.54%), Sugar: 4.87g (5.41%), Cholesterol: 92.92mg (30.97%), Sodium: 1167.37mg (50.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.69%), Vitamin C: 50.44mg (61.13%), Phosphorus: 474.51mg (47.45%), Vitamin B6: 0.79mg (39.34%), Calcium: 373.49mg (37.35%), Potassium: 1125.39mg (32.15%), Selenium: 22.16µg (31.66%), Vitamin B1: 0.46mg (30.51%), Vitamin B2: 0.44mg (25.75%), Vitamin B12: 1.28µg (21.3%), Zinc: 3.15mg (20.98%), Vitamin B3: 3.96mg (19.82%), Manganese: 0.4mg (19.77%), Fiber: 4.85g (19.39%), Magnesium: 76.09mg (19.02%), Copper: 0.29mg (14.68%), Vitamin A: 717.15IU (14.34%), Vitamin B5: 1.37mg (13.74%), Folate: 53.37µg (13.34%), Iron: 2.29mg (12.74%), Vitamin D: 0.9µg (5.98%), Vitamin K: 5.85µg

(5.57%), Vitamin E: 0.57mg (3.77%)