



Scalloped Potatoes with Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces processed cheese food shredded
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 1 cup ham diced cooked
- ☐ 1 medium onion thinly sliced
- ☐ 0.3 teaspoon pepper
- ☐ 3 pounds potatoes thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup water

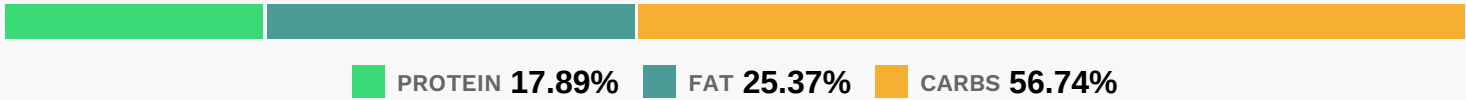
Equipment

☐ slow cooker

Directions

- ☐ Layer half each of first 4 ingredients in a 5-quart slow cooker.
- ☐ Sprinkle with salt and pepper; repeat layers with remaining potato, onion, ham, and cheese.
- ☐ Stir together soup and 3/4 cup water; spoon over potato mixture.
- ☐ Cook, covered, on LOW 7 to 8 hours.
- ☐ Sprinkle with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:29.58, Inflammation Score:-6, Nutrition Score:17.610000174979%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 311.34kcal (15.57%), Fat: 8.89g (13.67%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 44.73g (14.91%), Net Carbohydrates: 39.3g (14.29%), Sugar: 2.97g (3.3%), Cholesterol: 35.19mg (11.73%), Sodium: 1103.09mg (47.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.21%), Vitamin C: 50.42mg (61.12%), Vitamin B6: 0.77mg (38.5%), Phosphorus: 325.59mg (32.56%), Potassium: 1124.59mg (32.13%), Manganese: 0.55mg (27.54%), Calcium: 233.47mg (23.35%), Fiber: 5.42g (21.7%), Vitamin B1: 0.3mg (20.18%), Copper: 0.39mg (19.49%), Vitamin B3: 3.55mg (17.77%), Magnesium: 66.86mg (16.72%), Zinc: 2.14mg (14.28%), Iron: 2.45mg (13.62%), Selenium: 8.32µg (11.89%), Vitamin B2: 0.2mg (11.6%), Folate: 45.42µg (11.35%), Vitamin B12: 0.63µg (10.51%), Vitamin B5: 1.03mg (10.32%), Vitamin K: 5.01µg (4.77%), Vitamin A: 183.96IU (3.68%), Vitamin E: 0.18mg (1.19%)