



WHATShEATE

Scalloped Potatoes with Ham and Bacon

READY IN



150 min.

SERVINGS



15

CALORIES



635 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce bacon
- ☐ 3 pounds ham cubed fully cooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons ground pepper black
- ☐ 0.7 cup milk
- ☐ 2 onions sliced
- ☐ 10 potatoes peeled sliced
- ☐ 2 tablespoons salt
- ☐ 32 ounce cheddar cheese shredded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Place the bacon in a large skillet and cook over medium-high heat, turning occasionally, until slices begin to brown, about 5 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Transfer partially cooked bacon to the bottom of a large roasting pan.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Whisk milk and flour together in a bowl; set aside.
- ☐ Layer about one-third of the potatoes over the bacon, followed by half the onion and half the ham.
- ☐ Scatter one-fourth of the Cheddar cheese atop the ham.
- ☐ Pour one-third of the milk mixture over the cheese and season with salt and black pepper.
- ☐ Repeat the layers of potato, onion, ham, Cheddar Cheese, milk mixture, salt, and black pepper.
- ☐ Arrange the final third of potatoes in the roasting pan; pour remaining milk mixture on top.
- ☐ Scatter the remaining Cheddar cheese over the potato mixture.
- ☐ Cover roasting pan with aluminum foil.
- ☐ Bake in the preheated oven until potatoes are tender, about 2 hours.

Nutrition Facts



 PROTEIN **24.35%**  FAT **56.82%**  CARBS **18.83%**

Properties

Glycemic Index:18.85, Glycemic Load:19.7, Inflammation Score:-7, Nutrition Score:27.073043284209%

Flavonoids

Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 635.38kcal (31.77%), Fat: 40g (61.54%), Saturated Fat: 17.43g (108.96%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 26.22g (9.53%), Sugar: 2.46g (2.73%), Cholesterol: 147.96mg (49.32%), Sodium: 2587.12mg (112.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.57g (77.14%), Phosphorus: 683.93mg (68.39%), Vitamin C: 50.2mg (60.84%), Selenium: 42.24µg (60.35%), Vitamin B1: 0.72mg (47.8%), Calcium: 472.56mg (47.26%), Vitamin B6: 0.8mg (40.01%), Vitamin B12: 2.13µg (35.5%), Zinc: 5.1mg (34%), Vitamin B2: 0.58mg (33.99%), Vitamin B3: 6.06mg (30.32%), Potassium: 1008.76mg (28.82%), Manganese: 0.4mg (19.99%), Magnesium: 76.05mg (19.01%), Vitamin B5: 1.7mg (17.04%), Copper: 0.31mg (15.4%), Fiber: 3.6g (14.41%), Vitamin A: 642.27IU (12.85%), Iron: 2.26mg (12.57%), Folate: 42.89µg (10.72%), Vitamin K: 5.55µg (5.29%), Vitamin E: 0.62mg (4.1%), Vitamin D: 0.6µg (4.02%)