



Scalloped Potatoes with Peas and Ham

READY IN



65 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon butter melted
- 3 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.5 cup ham chopped
- 2 cups milk
- 29 ounce new potatoes drained sliced del monte® canned
- 1 medium onion finely chopped
- 0.3 cup panko bread crumbs) (japanese-style

- 15 ounce peas sweet drained del monte® canned
- 0.3 teaspoon salt
- 0.5 cup cheddar cheese shredded white

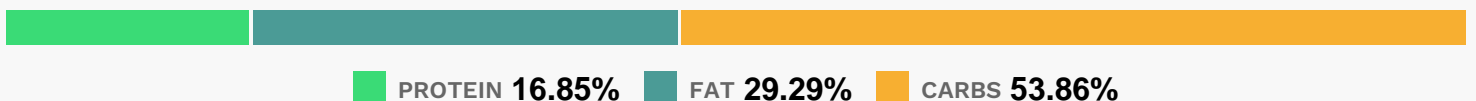
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F. For sauce, melt the 3 tablespoons butter over medium heat in a medium saucepan. Cook onion and garlic in hot butter for 4 minutes or until tender.
- Stir in flour, salt and pepper. Cook and stir for 1 minute. Stir in milk. Cook and stir for 7 minutes or until thick and bubbly.
- Remove pan from the heat. Stir in cheese until melted. Stir in canned peas and ham.
- Arrange half of the canned potato slices in a greased 2-quart baking dish.
- Pour half the sauce over the potatoes. Repeat layers.
- Combine panko and the 1 tablespoon melted butter in a small bowl.
- Sprinkle over mixture in dish.
- Bake, uncovered, for 30 minutes or until bubbly and topping is golden brown.
- Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.34, Glycemic Load:16.19, Inflammation Score:-7, Nutrition Score:13.289130314537%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 236.07kcal (11.8%), Fat: 7.77g (11.95%), Saturated Fat: 4.03g (25.17%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 27.66g (10.06%), Sugar: 6.21g (6.91%), Cholesterol: 23.57mg (7.86%), Sodium: 380.7mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.11%), Vitamin C: 25.64mg (31.08%), Vitamin B6: 0.44mg (22.17%), Phosphorus: 217.56mg (21.76%), Vitamin A: 1028.8IU (20.58%), Potassium: 643.21mg (18.38%), Fiber: 4.47g (17.88%), Vitamin B1: 0.27mg (17.74%), Manganese: 0.35mg (17.72%), Calcium: 158.8mg (15.88%), Vitamin K: 13.77µg (13.12%), Vitamin B2: 0.21mg (12.32%), Vitamin B3: 2.42mg (12.12%), Magnesium: 48.03mg (12.01%), Selenium: 7.92µg (11.32%), Iron: 1.87mg (10.41%), Folate: 41.47µg (10.37%), Zinc: 1.48mg (9.89%), Copper: 0.19mg (9.64%), Vitamin B12: 0.47µg (7.87%), Vitamin B5: 0.7mg (7%), Vitamin D: 0.77µg (5.16%), Vitamin E: 0.18mg (1.23%)