



Slow-Cooker Cheesy Ham au Gratin

 Gluten Free

READY IN



490 min.

SERVINGS



10

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 10.8 oz condensed cream of cheddar cheese soup canned
- ☐ 22 oz corn kernels whole green red drained canned
- ☐ 2 cups finely-chopped ham diced cooked
- ☐ 3 cups milk
- ☐ 10 oz potatoes with skin-on potatoes
- ☐ 2 cups water boiling

Equipment

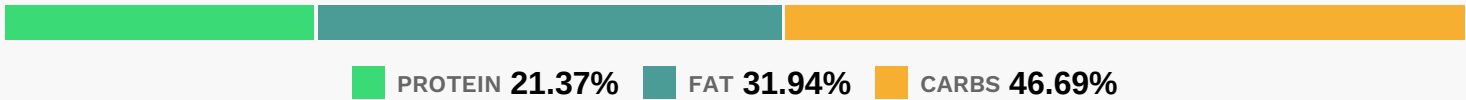
- ☐ bowl

☐ slow cooker

Directions

- ☐ Spray 3 1/2 to 4-quart slow cooker with nonstick cooking spray. In large bowl, combine milk, soup and contents of seasoning packets from potatoes; blend well.
- ☐ Add potatoes, ham and corn; mix well.
- ☐ Pour mixture into sprayed slow cooker.
- ☐ Pour boiling water over potato mixture; stir to mix.
- ☐ Cover; cook on low setting for 7 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:12.18, Glycemic Load:4.92, Inflammation Score:-4, Nutrition Score:8.2213043078132%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 165.9kcal (8.29%), Fat: 6.08g (9.35%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 17.88g (6.5%), Sugar: 7g (7.78%), Cholesterol: 26.5mg (8.83%), Sodium: 580.46mg (25.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Phosphorus: 184.77mg (18.48%), Potassium: 512.73mg (14.65%), Vitamin C: 11.85mg (14.36%), Vitamin B1: 0.21mg (13.77%), Vitamin B2: 0.22mg (12.9%), Vitamin B12: 0.71µg (11.9%), Calcium: 107.84mg (10.78%), Vitamin B6: 0.21mg (10.46%), Selenium: 6.32µg (9.04%), Vitamin B3: 1.8mg (9.01%), Fiber: 2.11g (8.46%), Vitamin B5: 0.78mg (7.76%), Zinc: 1.09mg (7.27%), Magnesium: 28.63mg (7.16%), Folate: 28.29µg (7.07%), Manganese: 0.13mg (6.4%), Vitamin A: 270.03IU (5.4%), Vitamin D: 0.81µg (5.37%), Copper: 0.09mg (4.26%), Iron: 0.58mg (3.23%)