



WHATSheATE



Slow-Cooker Corn, Ham and Potato Scallop

READY IN



550 min.

SERVINGS



6

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups baking potatoes cubed peeled (1-inch)
- ☐ 1.5 cups finely-chopped ham cubed cooked
- ☐ 15.3 oz corn sweet whole drained canned
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 teaspoons onion instant minced
- ☐ 10.8 oz condensed cream of cheddar cheese soup canned
- ☐ 0.5 cup milk
- ☐ 2 tablespoons flour all-purpose

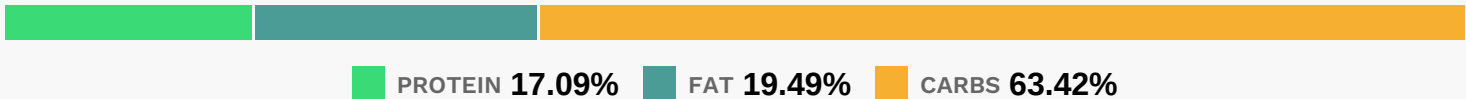
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ In 3 1/2 to 4-quart slow cooker, combine potatoes, ham, corn, bell pepper and onion; mix well.
- ☐ In small bowl, combine soup, milk and flour; beat with wire whisk until smooth.
- ☐ Pour soup mixture over potato mixture; stir gently to mix.
- ☐ Cover; cook on Low setting 7 to 9 hours or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:23.09, Inflammation Score:-5, Nutrition Score:12.249565263157%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 277.86kcal (13.89%), Fat: 6.04g (9.29%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 41.66g (15.15%), Sugar: 2.91g (3.23%), Cholesterol: 25.09mg (8.36%), Sodium: 725.38mg (31.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.81%), Vitamin B6: 0.62mg (30.9%), Potassium: 1063.06mg (30.37%), Vitamin C: 21.4mg (25.94%), Phosphorus: 219.2mg (21.92%), Vitamin B1: 0.32mg (21.23%), Vitamin B3: 3.32mg (16.59%), Manganese: 0.32mg (15.77%), Magnesium: 52.04mg (13.01%), Folate: 48.07µg (12.02%), Copper: 0.22mg (10.86%), Selenium: 7.43µg (10.62%), Fiber: 2.54g (10.16%), Iron: 1.83mg (10.15%), Vitamin B2: 0.17mg (9.99%), Zinc: 1.38mg (9.18%), Vitamin B12: 0.51µg (8.47%), Vitamin B5: 0.79mg (7.92%), Calcium: 65.05mg (6.5%), Vitamin A: 262.12IU (5.24%), Vitamin K: 3.23µg (3.08%), Vitamin D: 0.22µg (1.49%)