

Spam and Cheese Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 round buttery crackers crushed
- 2 eggs beaten
- 12 ounce spam lite fully cooked
- 2 cups milk
- 1 cup cheddar cheese shredded divided

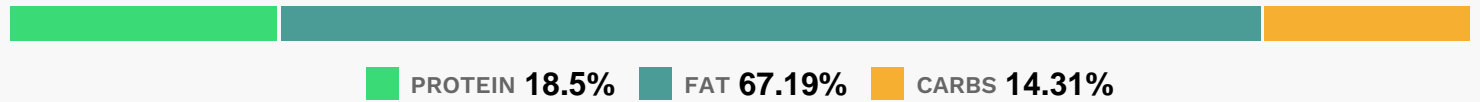
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a 9x13 inch baking dish combine the meat, eggs, cracker crumbs, milk and 3/4 cup of the cheese.
- Mix well.
- Sprinkle remaining 1/4 cup cheese on top.
- Bake uncovered in the preheated oven for 1 hour.
- Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:1.57, Inflammation Score:-3, Nutrition Score:11.403478205204%

Nutrients (% of daily need)

Calories: 374.42kcal (18.72%), Fat: 27.8g (42.77%), Saturated Fat: 11.8g (73.73%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 13.09g (4.76%), Sugar: 4.84g (5.38%), Cholesterol: 123.41mg (41.14%), Sodium: 1062.56mg (46.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.45%), Selenium: 24.82µg (35.46%), Phosphorus: 310.36mg (31.04%), Calcium: 256.8mg (25.68%), Vitamin B2: 0.39mg (22.86%), Vitamin B1: 0.28mg (18.72%), Vitamin B12: 1.02µg (17.08%), Zinc: 2.18mg (14.51%), Vitamin B3: 2.6mg (12.98%), Potassium: 400.54mg (11.44%), Vitamin D: 1.64µg (10.94%), Vitamin B6: 0.22mg (10.86%), Vitamin A: 399.67IU (7.99%), Magnesium: 26.44mg (6.61%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.92mg (6.15%), Iron: 1.1mg (6.09%), Vitamin K: 5.74µg (5.47%), Folate: 19.75µg (4.94%), Manganese: 0.06mg (3.16%), Copper: 0.06mg (2.95%)