

Country Scalloped Potatoes

www.CampbellsKitchen.com

Servings: 8

1 can (10-3/4 ounce) cream of celery soup

1 can (10-1/2 ounce) chicken gravy

1 cup milk

5 medium (5 cups) potatoes, peeled and thinly sliced

1 small (1/4 cup) onion, thinly sliced

2 1/2 cups cooked ham, diced

1 cup (4 ounces) Cheddar cheese, shredded

Preparation Time: 15 minutes

Preheat the oven to 375 degrees.

In a small bowl, stir the soup, gravy and milk.

In a three-quart shallow baking dish, layer half of the potatoes, onion, ham and soup mixture. Repeat the layers. Cover the baking dish.

Bake for 40 minutes. Uncover and bake for an additional 25 minutes.

Top with the cheese.

Bake for 5 minutes or until the potatoes are tender and the cheese is melted. Let stand for 10 minutes before serving.

Start to Finish Time: 1 hour 35 minutes

Per Serving (excluding unknown items): 259 Calories; 13g Fat (45.3% calories from fat); 15g Protein; 21g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 997mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	259	Vitamin B6 (mg):	.4mg
% Calories from Fat:	45.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	32.2%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	22.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	13g	Folacin (mcg):	19mcg
Saturated Fat (g):	6g	Niacin (mg):	4mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	46mg
Carbohydrate (g):	21g
Dietary Fiber (g):	2g
Protein (g):	15g
Sodium (mg):	997mg
Potassium (mg):	692mg
Calcium (mg):	162mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	364IU
Vitamin A (r.e.):	102RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	259	Calories from Fat: 117
-----------------	-----	------------------------

% Daily Values*

Total Fat	13g	20%
Saturated Fat	6g	29%
Cholesterol	46mg	15%
Sodium	997mg	42%
Total Carbohydrates	21g	7%
Dietary Fiber	2g	8%
Protein	15g	
Vitamin A		7%
Vitamin C		46%
Calcium		16%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.