

Ham and Potatoes

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3 cups potatoes, diced
2 leeks, thinly sliced
2 tablespoons olive oil
1 1/2 cups cooked ham, diced
8 ounces sliced asparagus
1/3 cup water
1/8 teaspoon pepper
1 cup Havarti cheese with dill,
shredded

In a saucepan heat the olive oil. Add the potatoes and leeks. Cook for 5 minutes.

Add the ham. Cook for 2 minutes.

Add the asparagus, water and pepper. Cover and cook for 3 minutes.

Sprinkle with the Havarti cheese. Cook for 1 minute.

Per Serving (excluding unknown items): 1073 Calories; 49g Fat (40.9% calories from fat); 48g Protein; 113g Carbohydrate; 10g Dietary Fiber; 115mg Cholesterol; 2732mg Sodium. Exchanges: 5 1/2 Grain(Starch); 5 1/2 Lean Meat; 5 Vegetable; 6 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	1073	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	40.9%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	41.6%	Thiamin B1 (mg):	2.2mg
% Calories from Protein:	17.5%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	49g	Folacin (mcg):	178mcg
Saturated Fat (g):	11g	Niacin (mg):	18mg
Monounsaturated Fat (g):	30g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	115mg	% Refused:	0.0%
Carbohydrate (g):	113g	Food Exchanges	
Dietary Fiber (g):	10g	Grain (Starch):	5 1/2
Protein (g):	48g	Lean Meat:	5 1/2
Sodium (mg):	2732mg	Vegetable:	5

Potassium (mg): 3449mg
Calcium (mg): 154mg
Iron (mg): 9mg
Zinc (mg): 6mg
Vitamin C (mg): 166mg
Vitamin A (i.u.): 170IU
Vitamin A (r.e.): 18RE

Fruit: 0
Non-Fat Milk: 0
Fat: 6 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1073 **Calories from Fat:** 439

% Daily Values*

Total Fat	49g	76%
Saturated Fat	11g	53%
Cholesterol	115mg	38%
Sodium	2732mg	114%
Total Carbohydrates	113g	38%
Dietary Fiber	10g	42%
Protein	48g	
Vitamin A		3%
Vitamin C		277%
Calcium		15%
Iron		52%

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