

# Swiss Turkey Ham Bake

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

**Servings: 6**

2 cups turkey, cooked and cubed  
2 cups ham, cooked and cubed  
3/4 cup onion, chopped  
4 1/2 tablespoons flour  
1/2 teaspoon pepper  
3 tablespoons butter  
3/4 teaspoon salt  
1 1/2 cups milk  
1 can (4 ounce) mushrooms  
3 tablespoons dry sherry  
1 can (4 ounce) sliced water chestnuts,  
rinsed and drained  
1/2 cup Swiss cheese, shredded  
1 1/2 cups soft bread crumbs  
3 tablespoons butter

Preheat the oven to 400 degrees.

In a skillet, cook the onions in three tablespoons of butter until tender. Blend in the flour, salt and pepper. Add the undrained mushrooms, milk and sherry. Cook and stir until thickened.

Add the turkey, ham and water chestnuts. Pour into a 13x9-inch baking dish. Top with the Swiss cheese.

In a bowl, mix the crumbs with butter. Sprinkle around the edges of the casserole.

Bake for 25 minutes.

Per Serving (excluding unknown items): 425 Calories; 26g Fat (57.5% calories from fat); 27g Protein; 17g Carbohydrate; 1g Dietary Fiber; 116mg Cholesterol; 1133mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Turkey

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	425	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	57.5%	<b>Vitamin B12 (mcg):</b>	1.0mcg
<b>% Calories from Carbohydrates:</b>	16.1%	<b>Thiamin B1 (mg):</b>	.6mg
<b>% Calories from Protein:</b>	26.4%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	26g	<b>Folacin (mcg):</b>	20mcg
<b>Saturated Fat (g):</b>	13g	<b>Niacin (mg):</b>	6mg
<b>Monounsaturated Fat (g):</b>	9g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	9
			0.0%

<b>Cholesterol (mg):</b>	116mg
<b>Carbohydrate (g):</b>	17g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	27g
<b>Sodium (mg):</b>	1133mg
<b>Potassium (mg):</b>	490mg
<b>Calcium (mg):</b>	200mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	3mg
<b>Vitamin C (mg):</b>	14mg
<b>Vitamin A (i.u.):</b>	594IU
<b>Vitamin A (r.e.):</b>	156RE

% Daily Values\*

## Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	3
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 425 Calories from Fat: 244

### % Daily Values\*

<b>Total Fat</b> 26g	41%
Saturated Fat 13g	66%
<b>Cholesterol</b> 116mg	39%
<b>Sodium</b> 1133mg	47%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 1g	3%
<b>Protein</b> 27g	

<b>Vitamin A</b>	12%
<b>Vitamin C</b>	24%
<b>Calcium</b>	20%
<b>Iron</b>	12%

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