



24 Hour Ham Casserole

READY IN



550 min.

SERVINGS



8

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 2 cups elbow macaroni
- ☐ 2 cups ham steak diced
- ☐ 5 hardboiled eggs sliced
- ☐ 2 cups milk 2%
- ☐ 2 cups cheddar cheese shredded

Equipment

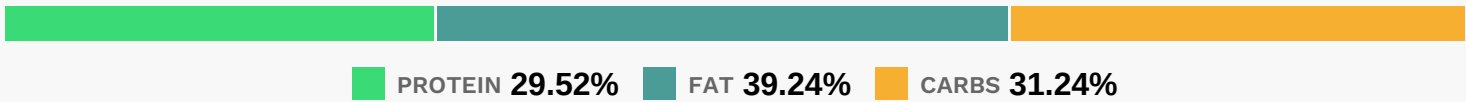
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ casserole dish

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- ☐ Drain.
- ☐ Mix macaroni, mushroom soup, ham, milk, and Cheddar cheese in a bowl; fold in diced hard-boiled eggs. Spoon mixture into a 9x13-inch casserole dish. Cover dish with plastic wrap and refrigerate 8 hours to overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove plastic wrap from dish.
- ☐ Bake in the preheated oven for 30 minutes; layer sliced hard-boiled eggs on top of casserole.
- ☐ Bake until casserole is cooked through and bubbling, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:20.570000093916%

Nutrients (% of daily need)

Calories: 441.68kcal (22.08%), Fat: 18.96g (29.17%), Saturated Fat: 9.05g (56.56%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 32.7g (11.89%), Sugar: 4.36g (4.85%), Cholesterol: 179.96mg (59.99%), Sodium: 1544.09mg (67.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.2%), Selenium: 50.38µg (71.98%), Phosphorus: 479.44mg (47.94%), Vitamin B1: 0.57mg (38.12%), Vitamin B2: 0.58mg (34.06%), Calcium: 298.92mg (29.89%), Manganese: 0.59mg (29.53%), Zinc: 4.17mg (27.83%), Vitamin B12: 1.55µg (25.8%), Vitamin C: 19.22mg (23.3%), Vitamin B3: 4.37mg (21.87%), Vitamin B6: 0.38mg (18.94%), Copper: 0.32mg (15.89%), Potassium: 510mg (14.57%), Vitamin B5: 1.43mg (14.26%), Magnesium: 52.36mg (13.09%), Iron: 2.01mg (11.16%), Vitamin A: 505.74IU (10.11%), Folate: 36.63µg (9.16%), Vitamin D: 0.86µg (5.71%), Fiber: 1.27g (5.09%), Vitamin E: 0.59mg (3.93%)