



## Asparagus-and-Ham Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2.5 cups asparagus sliced ()
- 0.1 teaspoon pepper black
- 3.8 cups extra wide egg noodles uncooked
- 1 tablespoon butter
- 0.5 teaspoon thyme dried
- 1 cup fat-skimmed beef broth fat-free
- 0.3 cup flour all-purpose
- 0.3 cup parsley fresh chopped
- 1.5 cups seasoning cubes cubed () ( 8 ounces)

- 1 tablespoon juice of lemon fresh
- 0.8 cup onion finely chopped
- 2 tablespoons parmesan fresh grated
- 0.3 teaspoon salt
- 1 ounce sandwich bread white
- 1 cup milk whole

## Equipment

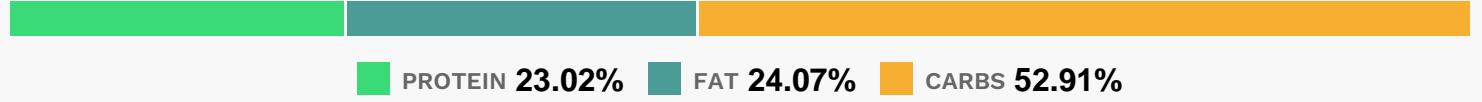
- food processor
- bowl
- sauce pan
- oven
- knife
- whisk
- measuring cup

## Directions

- Preheat oven to 45
- Place bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 1/2 cup.
- Cook pasta in boiling water 7 minutes, omitting salt and fat.
- Add asparagus; cook 1 minute.
- Drain.
- Lightly spoon the flour into a dry measuring cup, and level with a knife.
- Place flour, thyme, salt, and pepper in medium bowl; gradually add milk and broth, stirring with a whisk until well-blended. Melt the butter in a medium saucepan over medium-high heat.
- Add the onion; saute 4 minutes.
- Add milk mixture; cook until thick (about 4 minutes), stirring constantly.
- Remove from heat, and stir in juice.

- Combine the pasta mixture, milk mixture, ham, and parsley in large bowl; spoon into a 2-quart casserole.
- Sprinkle with breadcrumbs and cheese.
- Bake at 450 for 10 minutes or until filling is bubbly and topping is golden.

## Nutrition Facts



### Properties

Glycemic Index:71.96, Glycemic Load:13.13, Inflammation Score:-7, Nutrition Score:13.747826130494%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg

### Nutrients (% of daily need)

Calories: 223.58kcal (11.18%), Fat: 6.1g (9.39%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 27.51g (10%), Sugar: 5.23g (5.81%), Cholesterol: 46.25mg (15.42%), Sodium: 711.33mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.26%), Vitamin K: 66.26µg (63.11%), Selenium: 24.98µg (35.68%), Manganese: 0.4mg (20.16%), Phosphorus: 162.28mg (16.23%), Vitamin A: 788.62IU (15.77%), Vitamin B1: 0.22mg (14.91%), Folate: 59.6µg (14.9%), Iron: 2.6mg (14.46%), Vitamin B2: 0.22mg (12.72%), Calcium: 114.31mg (11.43%), Vitamin C: 8.94mg (10.84%), Fiber: 2.68g (10.71%), Copper: 0.21mg (10.54%), Vitamin B3: 1.9mg (9.5%), Potassium: 303.15mg (8.66%), Magnesium: 33.71mg (8.43%), Vitamin B6: 0.17mg (8.42%), Zinc: 1.13mg (7.5%), Vitamin B5: 0.66mg (6.63%), Vitamin B12: 0.39µg (6.47%), Vitamin E: 0.84mg (5.62%), Vitamin D: 0.53µg (3.51%)