



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-broad egg noodles uncooked
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1.5 cups ham cubed () (8 ounces)

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

Equipment

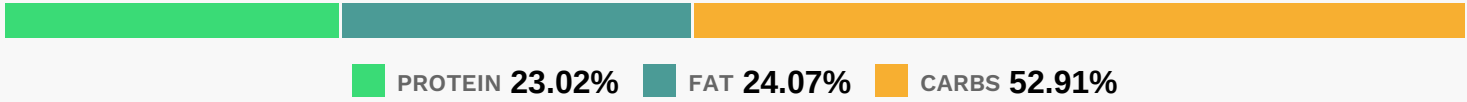
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

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: Og (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%)