



# Campbell's® Pennsylvania Dutch Ham and Noodle Casserole

READY IN



25 min.

SERVINGS



4

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 10.8 ounce cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 2 cups finely-chopped ham cubed cooked
- 1 medium onion chopped
- 2 cups cheddar cheese shredded extra-sharp
- 1 tablespoon vegetable oil
- 5 cups extra wide egg noodles cooked drained

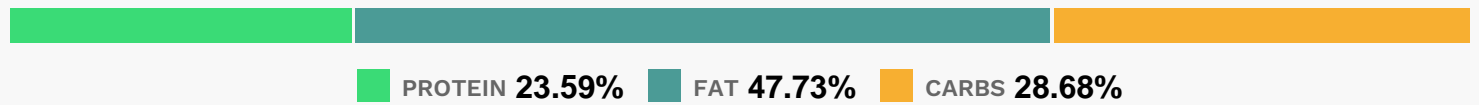
## Equipment

sauce pan

## Directions

- Heat the oil in a 4-quart saucepan over medium-high heat.
- Add the ham and onion and cook until the onion is tender.
- Stir the soup in the saucepan and heat to a boil. Reduce the heat to low.
- Add the cheese and cook and stir until the cheese is melted.
- Add the noodles and cook until the mixture is hot and bubbling.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:15.15, Inflammation Score:-6, Nutrition Score:22.608260838882%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 584.64kcal (29.23%), Fat: 30.88g (47.51%), Saturated Fat: 13.81g (86.34%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 39.57g (14.39%), Sugar: 2.25g (2.49%), Cholesterol: 141.45mg (47.15%), Sodium: 1573.34mg (68.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.68%), Selenium: 64.74µg (92.49%), Phosphorus: 568.29mg (56.83%), Calcium: 428.84mg (42.88%), Manganese: 0.7mg (35.12%), Zinc: 5.13mg (34.2%), Vitamin B1: 0.42mg (28.3%), Vitamin B2: 0.48mg (28.21%), Vitamin B12: 1.66µg (27.59%), Copper: 0.39mg (19.36%), Vitamin B3: 3.75mg (18.76%), Vitamin C: 15.2mg (18.42%), Vitamin B6: 0.35mg (17.49%), Magnesium: 62.75mg (15.69%), Vitamin B5: 1.34mg (13.38%), Potassium: 454.32mg (12.98%), Vitamin A: 596.13IU (11.92%), Iron: 2.06mg (11.47%), Folate: 37.89µg (9.47%), Fiber: 2.19g (8.75%), Vitamin K: 7.96µg (7.58%), Vitamin E: 0.88mg (5.89%), Vitamin D: 0.48µg (3.21%)