



Creamy Ham Casseroles

READY IN



45 min.

SERVINGS



4

CALORIES



931 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce asparagus frozen thawed
- ☐ 6 baby carrots chopped
- ☐ 1.5 cups broccoli flowerets fresh
- ☐ 8 ounce chive-and-onion-flavored cream cheese softened
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 0.5 cup seasoned croutons crushed
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 2 cups baked glazed ham chopped
- ☐ 0.7 cup milk

- ☐ 4 ounce cheddar cheese shredded
- ☐ 8 ounce mozzarella cheese shredded

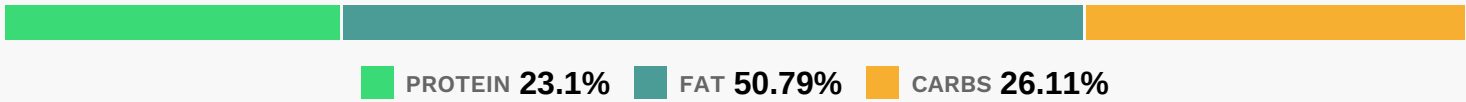
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cook pasta according to package directions; drain.
- ☐ Stir together soup, cream cheese, and milk in a large bowl. Stir in pasta, ham, and next 3 ingredients. Spoon half of ham mixture into 2 lightly greased 8-inch square baking dishes.
- ☐ Combine cheeses.
- ☐ Sprinkle half of cheese mixture over casseroles. Spoon remaining ham mixture over cheeses.
- ☐ Combine remaining cheese mixture with croutons.
- ☐ Sprinkle over casseroles. Wrap one casserole in heavy-duty aluminum foil, and freeze up to 1 month.
- ☐ Bake other casserole at 400 for 30 minutes or until lightly browned.
- ☐ NOTE: Thaw frozen casserole in the refrigerator overnight.
- ☐ Bake at 400 for 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:20.88, Inflammation Score:-10, Nutrition Score:39.521738923114%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 930.98kcal (46.55%), Fat: 52.46g (80.7%), Saturated Fat: 27.45g (171.56%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 55.66g (20.24%), Sugar: 8.06g (8.96%), Cholesterol: 208.01mg (69.34%), Sodium: 2252.62mg (97.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.69g (107.38%), Selenium: 83µg (118.57%), Vitamin A: 4116.92IU (82.34%), Phosphorus: 747.32mg (74.73%), Calcium: 672.78mg (67.28%), Vitamin K: 66.94µg (63.76%), Vitamin B1: 0.73mg (48.86%), Manganese: 0.97mg (48.36%), Zinc: 6.99mg (46.6%), Vitamin B2: 0.75mg (43.95%), Vitamin B12: 2.55µg (42.45%), Vitamin C: 33.79mg (40.96%), Vitamin B3: 6.31mg (31.53%), Vitamin B6: 0.62mg (31.16%), Copper: 0.57mg (28.31%), Iron: 4.56mg (25.33%), Folate: 100.44µg (25.11%), Potassium: 848.11mg (24.23%), Magnesium: 94.91mg (23.73%), Fiber: 5g (19.98%), Vitamin B5: 1.79mg (17.9%), Vitamin E: 1.86mg (12.4%), Vitamin D: 1.5µg (10.03%)