



Deluxe Ham Casserole

READY IN



60 min.

SERVINGS



8

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 3 cups elbow macaroni
- ☐ 6 ounce french-fried onions crushed canned
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup ham cubed
- ☐ 1 cup milk
- ☐ 1 cup onion chopped

- ☐ 0.5 teaspoon onion powder
- ☐ 1 cup peas frozen
- ☐ 2 cups cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour

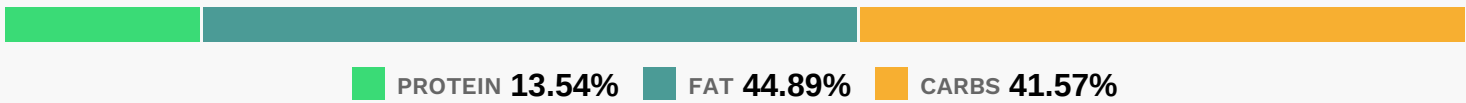
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of salted water to boil. Stir in the macaroni. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes; drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spray a 9x13-inch baking dish with cooking spray.
- ☐ Melt butter in a large skillet over medium-high heat. Cook and stir ham and onion in melted butter until onion is tender, about 5 minutes.
- ☐ Stir garlic into ham mixture and cook for about 2 minutes more; remove skillet from heat.
- ☐ Mix cooked pasta, Cheddar cheese, cream of celery soup, peas, milk, sour cream, onion powder, and garlic powder into the ham mixture until well mixed.
- ☐ Transfer pasta mixture to the prepared baking dish.
- ☐ Bake in the preheated oven until cheese is melted, about 25 minutes.
- ☐ Sprinkle French-fried onions atop casserole and bake until golden, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:1.94, Inflammation Score:-6, Nutrition Score:14.86869581886%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 570.15kcal (28.51%), Fat: 28.22g (43.42%), Saturated Fat: 13.36g (83.5%), Carbohydrates: 58.82g (19.61%), Net Carbohydrates: 55.48g (20.17%), Sugar: 6.12g (6.8%), Cholesterol: 55.98mg (18.66%), Sodium: 776.72mg (33.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.3%), Selenium: 43.62µg (62.31%), Manganese: 0.68mg (34.18%), Phosphorus: 310.27mg (31.03%), Calcium: 286.97mg (28.7%), Vitamin B2: 0.27mg (15.8%), Zinc: 2.28mg (15.19%), Vitamin A: 712.34IU (14.25%), Fiber: 3.34g (13.35%), Magnesium: 51.01mg (12.75%), Copper: 0.25mg (12.57%), Vitamin K: 12.31µg (11.72%), Vitamin C: 9.28mg (11.25%), Vitamin B1: 0.14mg (9.67%), Vitamin B6: 0.19mg (9.67%), Potassium: 321.2mg (9.18%), Vitamin B5: 0.91mg (9.09%), Vitamin B12: 0.51µg (8.54%), Folate: 32.84µg (8.21%), Iron: 1.36mg (7.56%), Vitamin B3: 1.47mg (7.33%), Vitamin E: 0.94mg (6.26%), Vitamin D: 0.5µg (3.37%)