

Easy Ham and Noodles

READY IN



40 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup cheddar cheese cubed
- 10.8 ounce cream of mushroom soup canned
- 2 cups egg noodles cooked
- 1 cup finely-chopped ham cubed cooked
- 10.8 ounce milk canned

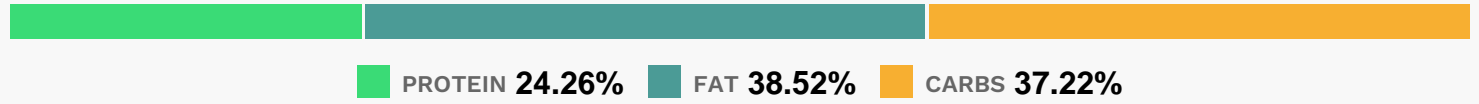
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place the noodles, ham, cheese, soup and milk in a 9x9 inch casserole dish and mix well.
- Bake at 375 degrees F (190 degrees C) for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:11.03, Inflammation Score:-4, Nutrition Score:12.671739295773%

Nutrients (% of daily need)

Calories: 302.31kcal (15.12%), Fat: 12.88g (19.81%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 26.88g (9.77%), Sugar: 4.03g (4.48%), Cholesterol: 70.9mg (23.63%), Sodium: 991.8mg (43.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.5%), Selenium: 30.16µg (43.08%), Phosphorus: 307.03mg (30.7%), Manganese: 0.5mg (24.92%), Calcium: 207.92mg (20.79%), Vitamin B12: 1.15µg (19.22%), Zinc: 2.82mg (18.79%), Vitamin B2: 0.3mg (17.43%), Vitamin B1: 0.24mg (15.72%), Copper: 0.27mg (13.42%), Vitamin B3: 2.1mg (10.48%), Magnesium: 41.02mg (10.26%), Vitamin B6: 0.2mg (9.79%), Potassium: 330.94mg (9.46%), Vitamin B5: 0.94mg (9.44%), Vitamin C: 6.58mg (7.98%), Iron: 1.28mg (7.09%), Vitamin D: 1µg (6.69%), Vitamin A: 281.76IU (5.64%), Fiber: 1.11g (4.45%), Folate: 14.75µg (3.69%), Vitamin E: 0.28mg (1.87%)