



Easy Ham and Noodles

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 oz chicken broth canned
- ☐ 1 cup water
- ☐ 5 oz extra wide egg noodles uncooked
- ☐ 20 oz broccoli frozen flavored
- ☐ 2 cups finely-chopped ham cubed cooked ()

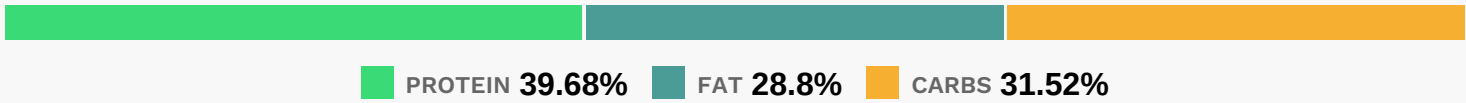
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat broth and water to boiling.
- ☐ Add noodles; return to boiling. Reduce heat to medium-low; cook 8 to 10 minutes or until noodles are tender and most of liquid is absorbed, stirring occasionally (do not drain).
- ☐ Meanwhile, cook vegetables as directed on box.
- ☐ Gently stir vegetables in cheese sauce and ham into noodle mixture. Cook over medium-low heat 3 to 4 minutes or until hot, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:12.43, Inflammation Score:-9, Nutrition Score:31.976956372676%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 452.02kcal (22.6%), Fat: 14.44g (22.22%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 30.71g (11.17%), Sugar: 3.08g (3.42%), Cholesterol: 120.62mg (40.21%), Sodium: 1188.01mg (51.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.76g (89.53%), Vitamin C: 139.6mg (169.22%), Vitamin K: 147.04µg (140.04%), Selenium: 60.91µg (87.02%), Phosphorus: 495.75mg (49.57%), Zinc: 5.01mg (33.39%), Vitamin B6: 0.66mg (32.89%), Vitamin B12: 1.89µg (31.53%), Manganese: 0.63mg (31.36%), Vitamin B1: 0.46mg (30.69%), Vitamin B3: 6.04mg (30.19%), Folate: 103.26µg (25.81%), Vitamin B2: 0.43mg (25.38%), Potassium: 844.97mg (24.14%), Vitamin A: 1080.68IU (21.61%), Magnesium: 81.63mg (20.41%), Fiber: 4.85g (19.42%), Iron: 3.48mg (19.32%), Vitamin B5: 1.63mg (16.29%), Copper: 0.3mg (14.91%), Vitamin E: 1.55mg (10.36%), Calcium: 98.08mg (9.81%), Vitamin D: 0.21µg (1.37%)