

## Easy Ham and Swiss Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 2 cups finely-chopped ham cooked chopped
- 2.5 cups extra wide egg noodles uncooked
- 1 cup bread stuffing mix (coarse-crumb style)
- 0.5 cup swiss cheese shredded
- 0.3 cup water
- 0.5 cup wine

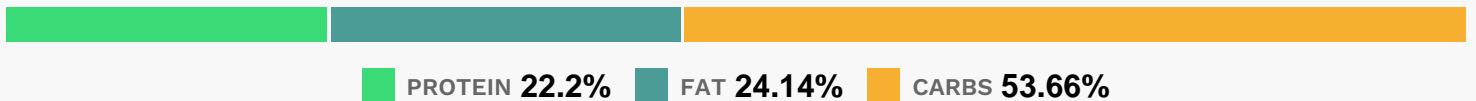
### Equipment

- bowl
- oven
- pot
- baking pan
- colander

## Directions

- Preheat an oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes.
- Drain well in a colander set in the sink.
- Combine the cream of mushroom soup, white wine, and water in a large bowl. Stir in the cooked egg noodles, ham, and Swiss cheese.
- Pour the mixture into the prepared baking dish.
- Sprinkle the dry stuffing mix over the dish.
- Bake uncovered until the casserole is bubbling and browned, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.33, Glycemic Load:4.85, Inflammation Score:-4, Nutrition Score:14.882173786993%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 351.88kcal (17.59%), Fat: 8.92g (13.73%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 42.74g (15.54%), Sugar: 3.75g (4.17%), Cholesterol: 52.1mg (17.37%), Sodium: 1370.65mg (59.59%), Alcohol: 2.06g (100%), Alcohol %: 1.43% (100%), Protein: 18.46g (36.91%), Selenium: 41.59µg (59.42%), Vitamin B1: 0.47mg (31.58%), Manganese: 0.56mg (28.18%), Phosphorus: 273.73mg (27.37%), Vitamin B3: 4.43mg (22.14%), Folate: 76.53µg (19.13%), Vitamin B2: 0.32mg (19.06%), Zinc: 2.49mg (16.58%), Vitamin B12: 0.94µg (15.63%), Copper: 0.29mg (14.6%), Iron: 2.54mg (14.14%), Calcium: 130.28mg (13.03%), Vitamin B6: 0.23mg (11.36%), Vitamin C: 8.78mg (10.64%), Magnesium: 41.49mg (10.37%), Potassium: 326.07mg (9.32%), Vitamin B5: 0.77mg (7.74%), Fiber: 1.89g (7.54%), Vitamin E: 0.26mg (1.75%), Vitamin A: 85.31IU (1.71%)