



## Grandma's Creamy Ham Casserole

READY IN



80 min.

SERVINGS



6

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 ounce cream of chicken soup canned
- 1 cup ham cubed fully cooked
- 8 ounce extra wide egg noodles
- 12 fluid ounce evaporated milk canned
- 1 small onion minced
- 0.5 cup potato chips crushed
- 0.3 pound processed cheese food cubed velveeta® (such as )

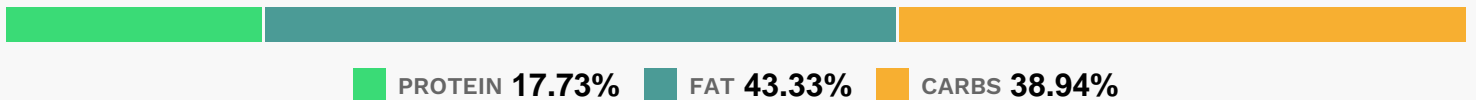
### Equipment

- oven
- pot
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 5 minutes.
- Drain.
- Mix egg noodles, ham, evaporated milk, cream of chicken soup, onion, and processed cheese food in a 9x13-inch baking dish until evenly distributed.
- Bake in preheated oven until bubbly and cheese food is melted, about 1 hour. About 5 minutes before end of baking, sprinkle chips atop casserole and return to oven; bake for 5 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:13.36, Inflammation Score:-5, Nutrition Score:16.15782612303%

## Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 434.6kcal (21.73%), Fat: 20.95g (32.22%), Saturated Fat: 9.14g (57.12%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 40.68g (14.79%), Sugar: 8.01g (8.9%), Cholesterol: 91.91mg (30.64%), Sodium: 1103.6mg (47.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.57%), Selenium: 41.17µg (58.81%), Phosphorus: 457.64mg (45.76%), Calcium: 443.33mg (44.33%), Manganese: 0.44mg (22.13%), Vitamin B2: 0.36mg (21.03%), Zinc: 2.47mg (16.49%), Vitamin B1: 0.22mg (14.85%), Vitamin B12: 0.85µg (14.13%), Vitamin B5: 1.41mg (14.08%), Potassium: 484.53mg (13.84%), Magnesium: 54.28mg (13.57%), Copper: 0.24mg (12.05%), Vitamin B6: 0.22mg (11.23%), Vitamin B3: 2.15mg (10.73%), Iron: 1.8mg (10.02%), Vitamin A: 495.59IU (9.91%), Vitamin E: 1.45mg (9.66%), Vitamin C: 7.96mg (9.64%), Fiber: 1.67g (6.66%), Folate: 23.56µg (5.89%), Vitamin K: 4.89µg (4.66%),

Vitamin D: 0.32μg (2.16%)