

Ham and Mac Bake

READY IN



60 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bread crumbs soft
- ☐ 2 tablespoons brown mustard
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 2 cups ham cubed fully cooked
- ☐ 1 cup elbow macaroni
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups granny smith apples peeled sliced
- ☐ 1 pinch ground pepper black to taste

- ☐ 2 cups milk
- ☐ 0.3 teaspoon salt

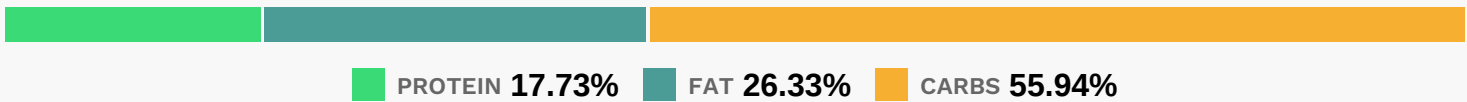
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- ☐ Drain.
- ☐ Melt 1/4 cup butter in a large saucepan over medium heat; whisk flour, brown sugar, mustard, salt, and black pepper into butter.
- ☐ Pour in milk and bring to a simmer; reduce heat to low and whisk until sauce is thick and bubbly, about 5 minutes. Stir macaroni, ham, and apple slices into sauce.
- ☐ Spread mixture into a 2-quart casserole.
- ☐ Combine soft bread crumbs with 2 tablespoons melted butter in a bowl; sprinkle crumbs over casserole.
- ☐ Bake in the preheated oven until casserole is bubbly and crumb topping is browned, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:5.84, Inflammation Score:-5, Nutrition Score:15.447826240374%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 390.85kcal (19.54%), Fat: 11.4g (17.55%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 54.51g (18.17%), Net Carbohydrates: 51.32g (18.66%), Sugar: 14.48g (16.09%), Cholesterol: 47.29mg (15.76%), Sodium: 793.63mg (34.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.56%), Selenium: 33.8µg (48.29%), Vitamin B1: 0.58mg (38.72%), Phosphorus: 297.82mg (29.78%), Manganese: 0.55mg (27.72%), Vitamin B2: 0.36mg (21.45%), Vitamin B3: 4mg (19.98%), Vitamin B12: 1.07µg (17.88%), Calcium: 166.24mg (16.62%), Zinc: 1.99mg (13.29%), Vitamin C: 10.74mg (13.02%), Iron: 2.31mg (12.85%), Fiber: 3.19g (12.75%), Magnesium: 47.83mg (11.96%), Vitamin B6: 0.24mg (11.78%), Folate: 46.26µg (11.57%), Potassium: 394.55mg (11.27%), Copper: 0.21mg (10.26%), Vitamin B5: 0.95mg (9.46%), Vitamin D: 0.89µg (5.96%), Vitamin A: 271.18IU (5.42%), Vitamin K: 3.37µg (3.21%), Vitamin E: 0.31mg (2.06%)