

Ham and Noodle Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of chicken soup canned
- 2 cups finely-chopped ham diced cooked
- 0.3 cup breadcrumbs dry
- 4 cups extra wide egg noodles uncooked
- 1 onion chopped
- 6 servings salt and pepper to taste
- 0.5 cup cream sour
- 2 cups swiss cheese shredded
- 6 cups water

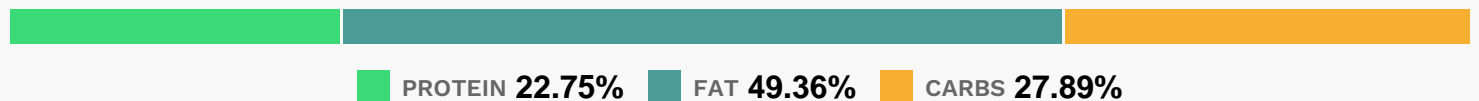
Equipment

- bowl
- oven
- pot

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole.
- Bring water to a full rolling boil in a pot.. Cook the egg noodles in the boiling water, stirring occasionally, for 3 minutes; remove from heat, cover, and let stand until the noodles are tender, about 10 minutes.
- Drain.
- Stir the noodles, onion, sour cream, chicken soup, ham, and Swiss cheese together in a large bowl. Season with salt and pepper. Spoon into the prepared casserole.
- Sprinkle the top with bread crumbs.
- Bake in the preheated oven until the casserole is bubbling and the bread crumbs have browned, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:9.66, Inflammation Score:-5, Nutrition Score:15.648260873297%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 403.66kcal (20.18%), Fat: 22.06g (33.94%), Saturated Fat: 10.35g (64.7%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 26.7g (9.71%), Sugar: 2.46g (2.73%), Cholesterol: 97.63mg (32.54%), Sodium: 1108.77mg (48.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.77%), Selenium: 41.16µg (58.8%), Phosphorus: 420.73mg (42.07%), Calcium: 377.67mg (37.77%), Vitamin B12: 1.75µg (29.13%), Zinc: 3.23mg (21.54%),

Vitamin B1: 0.31mg (20.6%), Vitamin B2: 0.3mg (17.66%), Manganese: 0.34mg (16.91%), Copper: 0.26mg (13.01%),
Vitamin C: 10.36mg (12.55%), Vitamin B3: 2.43mg (12.14%), Magnesium: 44.57mg (11.14%), Vitamin B6: 0.21mg
(10.58%), Vitamin A: 526.72IU (10.53%), Vitamin B5: 0.92mg (9.24%), Iron: 1.66mg (9.21%), Potassium: 277.69mg
(7.93%), Folate: 22.18µg (5.55%), Fiber: 1.35g (5.4%), Vitamin E: 0.66mg (4.43%), Vitamin K: 3.37µg (3.21%)