



## Ham Asparagus Gratin

READY IN



50 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

### Ingredients

- 1.5 cups asparagus cooked
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 1.5 cups finely-chopped ham cubed cooked
- 3 cups noodles corkscrew-shaped cooked
- 0.3 teaspoon pepper black
- 0.5 cup milk
- 0.3 teaspoon onion powder
- 1 cup cheddar cheese shredded

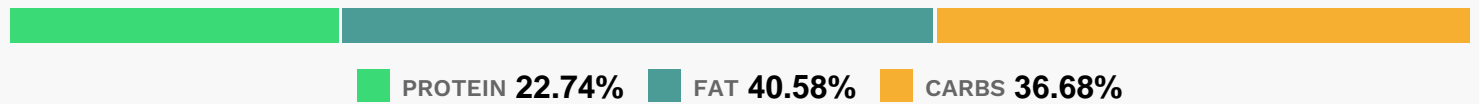
# Equipment

- oven
- baking pan

# Directions

- Mix soup, milk, onion powder, black pepper, asparagus, ham, pasta and 1/2 cup cheese in 2-quart shallow baking dish.
- Bake at 400 degrees F 25 minutes or until hot. Stir.
- Sprinkle with remaining cheese.
- Bake 5 minutes or until cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:44.38, Glycemic Load:13.45, Inflammation Score:-7, Nutrition Score:19.288260833077%

# Flavonoids

Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

# Nutrients (% of daily need)

Calories: 401.58kcal (20.08%), Fat: 18.09g (27.84%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 33.64g (12.23%), Sugar: 4.04g (4.48%), Cholesterol: 71.22mg (23.74%), Sodium: 1080.92mg (47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.63%), Selenium: 42.78µg (61.12%), Phosphorus: 384.62mg (38.46%), Vitamin K: 34.99µg (33.32%), Calcium: 283.43mg (28.34%), Manganese: 0.56mg (27.85%), Vitamin B1: 0.36mg (23.84%), Vitamin B2: 0.39mg (22.71%), Zinc: 2.93mg (19.5%), Vitamin A: 927.9IU (18.56%), Vitamin B12: 1.09µg (18.2%), Iron: 3.01mg (16.7%), Copper: 0.33mg (16.48%), Vitamin C: 12.87mg (15.6%), Vitamin B5: 1.54mg (15.4%), Vitamin B3: 2.6mg (13%), Vitamin E: 1.91mg (12.72%), Fiber: 3.15g (12.6%), Vitamin B6: 0.24mg (12.22%), Magnesium: 47.25mg (11.81%), Potassium: 404.41mg (11.55%), Folate: 41.13µg (10.28%), Vitamin D: 0.5µg (3.37%)