



Ham Casserole with Cheese

READY IN



45 min.

SERVINGS



45

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets fresh
- 0.8 cup seasoned croutons divided
- 0.3 cup bell pepper green chopped
- 1.5 cups ham coarsely chopped
- 0.3 cup milk
- 0.3 cup miracle whip dressing
- 0.3 cup bell pepper red chopped
- 1.5 cups rotini pasta uncooked cooked drained
- 1.5 cups sharp cheddar cheese shredded divided kraft

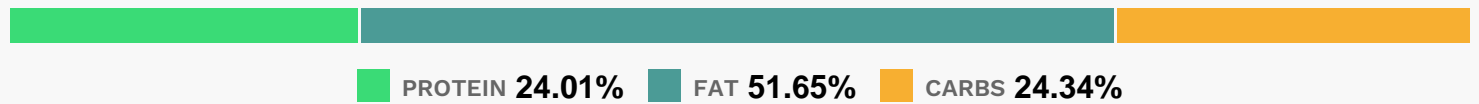
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350F.
- Mix all ingredients except 1/2 cup each of the cheese and croutons.
- Spoon into 1-1/2-quart casserole dish.
- Sprinkle with remaining cheese and croutons.
- Bake 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:1.9213043645672%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 39.09kcal (1.95%), Fat: 2.25g (3.46%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.42g (0.46%), Cholesterol: 6.99mg (2.33%), Sodium: 100.35mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin C: 5.33mg (6.46%), Selenium: 3.47µg (4.96%), Vitamin K: 4.32µg (4.12%), Phosphorus: 34.6mg (3.46%), Calcium: 31.43mg (3.14%), Vitamin B1: 0.04mg (2.51%), Vitamin B2: 0.04mg (2.15%), Zinc: 0.3mg (1.97%), Vitamin A: 95.42IU (1.91%), Vitamin B6: 0.03mg (1.73%), Vitamin B3: 0.29mg (1.46%), Manganese: 0.03mg (1.33%), Vitamin B12: 0.08µg (1.29%), Folate: 4.88µg (1.22%), Potassium: 37.52mg (1.07%), Fiber: 0.27g (1.07%)