



 5%
HEALTH SCORE

Ham Tetrazzini

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 10.8 ounce cream of mushroom soup canned
- 1 cup seasoning cubes diced
- 2 tablespoons parsley fresh chopped
- 2 tablespoons onion chopped
- 2 tablespoons pimientos chopped
- 0.5 cup cheddar cheese shredded
- 6 ounces pasta like spaghetti
- 0.5 cup water

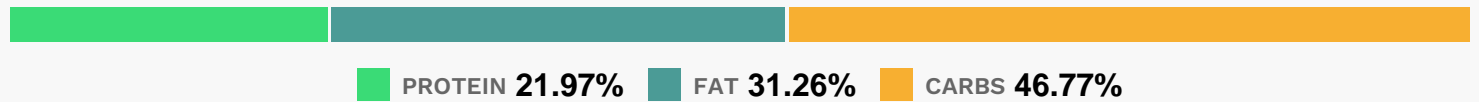
Equipment

- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large saucepan over medium-high heat, saute chopped onion in butter until tender.
- Stir in cream of mushroom soup, water, and shredded cheese.
- Heat mixture until cheese melts, stirring often.
- Add ham, cooked and drained pasta, chopped pimento, and chopped parsley to saucepan; stir.
- Stir until heated through, serve hot!

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:13.11, Inflammation Score:-5, Nutrition Score:11.533043480438%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 322.32kcal (16.12%), Fat: 11.18g (17.2%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 35.79g (13.02%), Sugar: 2.17g (2.41%), Cholesterol: 40.73mg (13.58%), Sodium: 1033.21mg (44.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.35%), Selenium: 30.95µg (44.21%), Vitamin K: 34.21µg (32.58%), Manganese: 0.64mg (31.82%), Phosphorus: 172.18mg (17.22%), Copper: 0.29mg (14.7%), Zinc: 2.01mg (13.4%), Vitamin C: 10.83mg (13.13%), Vitamin A: 596.7IU (11.93%), Calcium: 118mg (11.8%), Iron: 1.58mg (8.79%),

Magnesium: 34.08mg (8.52%), Vitamin B2: 0.14mg (8.44%), Vitamin B3: 1.51mg (7.53%), Fiber: 1.84g (7.35%),
Potassium: 235.4mg (6.73%), Vitamin B6: 0.13mg (6.41%), Folate: 20.57µg (5.14%), Vitamin B12: 0.28µg (4.63%),
Vitamin B1: 0.06mg (4.23%), Vitamin B5: 0.41mg (4.05%), Vitamin E: 0.31mg (2.09%)