



Ham Tetrazzini

READY IN



45 min.

SERVINGS



5

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 cups wide egg noodles hot cooked uncooked (5 ounces pasta)
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 tablespoon cooking sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup bell pepper diced green
- ☐ 1 cup ham light lean cubed cooked (such as and)
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 cup low-salt chicken broth

- ☐ 1 tablespoon butter
- ☐ 2 cups mushrooms sliced
- ☐ 0.3 cup parmesan cheese grated

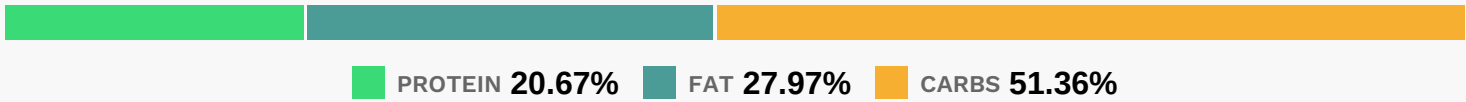
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Place flour in a bowl; add broth, milk, and pepper. Stir the flour mixture well with a whisk.
- ☐ Melt margarine in a nonstick skillet over medium-high heat.
- ☐ Add mushrooms and bell pepper; saut 3 minutes.
- ☐ Add flour mixture. Cook 2 minutes or until thick and bubbly; stir constantly.
- ☐ Combine sauce, noodles, ham, cheese, and sherry in a 1 1/2-quart casserole or 10-inch round gratin dish; sprinkle with breadcrumbs.
- ☐ Bake at 450 for 10 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:42.8, Glycemic Load:15.3, Inflammation Score:-5, Nutrition Score:14.864782478498%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 310.83kcal (15.54%), Fat: 9.65g (14.85%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 37.57g (13.66%), Sugar: 4.45g (4.94%), Cholesterol: 53.91mg (17.97%), Sodium: 500.61mg (21.77%), Alcohol: 0.31g (100%), Alcohol %: 0.13% (100%), Protein: 16.05g (32.1%), Selenium: 38.44µg (54.92%), Phosphorus: 294.78mg (29.48%), Vitamin B2: 0.42mg (24.56%), Manganese: 0.49mg (24.33%), Vitamin C: 18.15mg (22%), Vitamin B1: 0.33mg (21.84%), Vitamin B3: 4.19mg (20.96%), Copper: 0.31mg (15.51%), Calcium: 148.65mg (14.86%), Vitamin B12: 0.84µg (13.93%), Zinc: 2.06mg (13.75%), Vitamin B5: 1.3mg (13.01%), Potassium: 392.55mg (11.22%), Vitamin B6: 0.22mg (10.84%), Magnesium: 42.88mg (10.72%), Iron: 1.8mg (10.03%), Folate: 37.39µg (9.35%), Fiber: 2.31g (9.23%), Vitamin A: 281.8IU (5.64%), Vitamin E: 0.37mg (2.45%), Vitamin K: 1.98µg (1.89%), Vitamin D: 0.21µg (1.37%)