



## Ranch Noodles with Ham

READY IN



15 min.

SERVINGS



6

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter
- 1 cup ham diced lean
- 12 oz extra wide egg noodles
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 0.5 cup parmesan cheese grated
- 0.5 cup ranch dressing

### Equipment

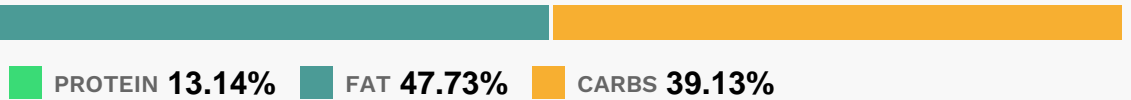
- frying pan

pot

## Directions

- Cook egg noodles according to package directions; drain and return to pot.
- Meanwhile, saut ham in a lightly greased skillet over medium-high heat 5 minutes or until crisp and fragrant. Set aside.
- Add butter and remaining ingredients to noodles, stirring to blend. Divide mixture evenly among 6 serving dishes, and top with ham.
- Health Note: Substituting light Ranch dressing for regular saves 7 grams of fat and 60 calories per serving.
- MENU IDEA FOR 6 \* Ranch Noodles with Ham \* Steamed broccoli
- GROCERIES NEEDED Check staples: butter, Ranch dressing, grated Parmesan cheese \* 1 (12-oz.) package egg noodles \* 1 cup diced lean ham \* 1 (8-oz.) container reduced-fat sour cream \* 1 1/2 lb. fresh broccoli

## Nutrition Facts



## Properties

Glycemic Index:7.33, Glycemic Load:16.96, Inflammation Score:-5, Nutrition Score:11.908260707622%

## Nutrients (% of daily need)

Calories: 453.24kcal (22.66%), Fat: 24.07g (37.04%), Saturated Fat: 6.2g (38.73%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 42.54g (15.47%), Sugar: 2.39g (2.66%), Cholesterol: 76.96mg (25.65%), Sodium: 690.72mg (30.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.81%), Selenium: 48.89µg (69.84%), Vitamin K: 27.32µg (26.02%), Manganese: 0.5mg (25.01%), Phosphorus: 242.46mg (24.25%), Calcium: 128.97mg (12.9%), Zinc: 1.58mg (10.53%), Vitamin A: 516.03IU (10.32%), Magnesium: 39mg (9.75%), Copper: 0.18mg (8.93%), Fiber: 1.87g (7.48%), Vitamin B1: 0.11mg (7.35%), Vitamin B2: 0.12mg (7.28%), Iron: 1.31mg (7.28%), Vitamin B5: 0.71mg (7.12%), Vitamin B6: 0.14mg (7%), Vitamin E: 1.05mg (6.98%), Vitamin B12: 0.4µg (6.68%), Vitamin B3: 1.22mg (6.12%), Potassium: 211.08mg (6.03%), Folate: 19.95µg (4.99%), Vitamin D: 0.27µg (1.8%)