



Speedy Ham and Macaroni

READY IN



30 min.

SERVINGS



6

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups broccoli frozen thawed chopped
- 1 tablespoon butter
- 10 ounces cream of mushroom soup undiluted canned
- 2 cups finely-chopped ham cubed fully cooked
- 2 cups elbow macaroni uncooked
- 0.1 teaspoon garlic powder
- 0.5 teaspoon nutmeg
- 0.5 cup milk
- 6 servings parmesan cheese grated

0.1 teaspoon pepper

Equipment

frying pan

sauce pan

Directions

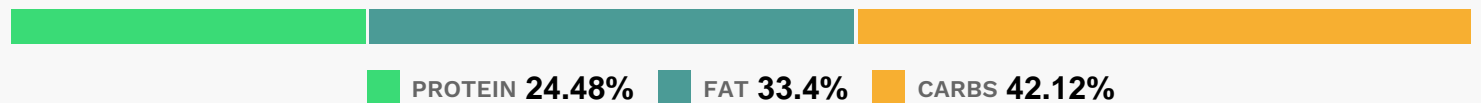
In a large saucepan, cook macaroni in boiling water for 5 minutes.

Add broccoli; return to a boil. Cook for 2–3 minutes or until macaroni is tender; drain. Return to the pan.

Combine soup, milk, butter, nutmeg, garlic powder and pepper; add to macaroni mixture with ham. mix well; heat through.

Garnish with Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:21.836087112841%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 429.46kcal (21.47%), Fat: 15.88g (24.43%), Saturated Fat: 7.66g (47.87%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 42.27g (15.37%), Sugar: 3.04g (3.38%), Cholesterol: 63.42mg (21.14%), Sodium: 1335.17mg (58.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.37%), Selenium: 48.98µg (69.97%), Vitamin C: 48.03mg (58.22%), Phosphorus: 452.91mg (45.29%), Vitamin K: 45.73µg (43.55%), Manganese: 0.72mg (35.84%), Calcium: 325.94mg (32.59%), Zinc: 3.59mg (23.92%), Vitamin B1: 0.3mg (20.19%), Vitamin B2: 0.33mg (19.42%), Vitamin B12: 1.13µg (18.76%), Copper: 0.31mg (15.43%), Vitamin B6: 0.3mg (14.84%), Magnesium: 58.6mg (14.65%), Vitamin B3: 2.89mg (14.43%), Potassium: 496.63mg (14.19%), Vitamin A: 625.27IU (12.51%), Fiber: 2.78g (11.13%), Folate: 42.59µg (10.65%), Vitamin B5: 1.05mg (10.49%), Iron: 1.73mg (9.59%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.37µg (2.49%)