



Swiss Cheese, Ham and Asparagus Bake

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb asparagus fresh cut into 2-inch lengths
- ☐ 10 oz campbell's® condensed cream of celery soup reduced-sodium canned
- ☐ 2 cups ham cubed cooked
- ☐ 0.5 cup milk
- ☐ 6 oz stove top lower sodium stuffing mix for chicken
- ☐ 1 cup swiss cheese shredded kraft
- ☐ 1.5 cups water hot

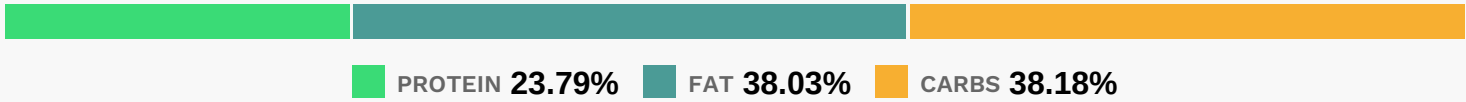
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350F.
- ☐ Add hot water to stuffing mix; stir just until moistened.
- ☐ Let stand 5 min.
- ☐ Combine ham, asparagus, soup and milk in 13x9-inch baking dish sprayed with cooking spray; sprinkle with cheese. Cover with stuffing.
- ☐ Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:15.976521771887%

Flavonoids

Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 290.07kcal (14.5%), Fat: 12.22g (18.8%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 25.61g (9.31%), Sugar: 4.67g (5.19%), Cholesterol: 52.16mg (17.39%), Sodium: 1121.91mg (48.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.39%), Selenium: 28.59µg (40.84%), Phosphorus: 307.65mg (30.76%), Vitamin B1: 0.45mg (29.79%), Calcium: 240.93mg (24.09%), Vitamin K: 24.48µg (23.31%), Vitamin B2: 0.36mg (21.09%), Vitamin B12: 1.21µg (20.15%), Folate: 70.98µg (17.74%), Vitamin B3: 3.5mg (17.5%), Manganese: 0.34mg (17.1%), Zinc: 2.24mg (14.94%), Iron: 2.47mg (13.72%), Vitamin C: 10.99mg (13.32%), Copper: 0.25mg (12.67%), Vitamin A: 601.91IU (12.04%), Vitamin B5: 1.13mg (11.33%), Vitamin B6: 0.2mg (10.18%), Potassium: 341.52mg (9.76%), Magnesium: 35.88mg (8.97%), Vitamin E: 1.31mg (8.73%), Fiber: 1.98g (7.94%), Vitamin D: 0.22µg (1.49%)