

Tommy's Ham Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup breadcrumbs dried
- 10.8 ounce cream of mushroom soup canned
- 3 cups elbow macaroni cooked
- 2 cups ham shredded cubed
- 10.8 ounce milk canned
- 0.8 cup cheddar cheese shredded

Equipment

- oven

casserole dish

Directions

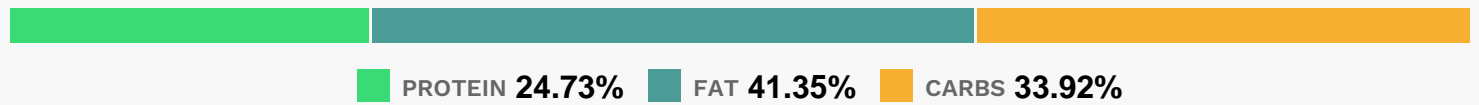
Preheat oven to 375 degrees F (190 degrees C).

In a casserole dish, combine the ham, macaroni, cheese, soup and milk.

Mix together well.

Bake, covered, at 375 degrees F (190 degrees C) for 20 minutes. Uncover, top with the bread crumbs, and bake, uncovered for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:11.1, Inflammation Score:-3, Nutrition Score:12.662608820459%

Nutrients (% of daily need)

Calories: 360.86kcal (18.04%), Fat: 16.36g (25.17%), Saturated Fat: 7.23g (45.21%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 28.63g (10.41%), Sugar: 3.16g (3.51%), Cholesterol: 51.69mg (17.23%), Sodium: 1059.37mg (46.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.04%), Selenium: 35.17µg (50.24%), Phosphorus: 278.61mg (27.86%), Vitamin B1: 0.38mg (25.38%), Manganese: 0.43mg (21.46%), Zinc: 2.79mg (18.6%), Calcium: 180.77mg (18.08%), Vitamin B2: 0.3mg (17.54%), Vitamin B3: 3.18mg (15.89%), Vitamin B6: 0.28mg (13.91%), Vitamin B12: 0.82µg (13.66%), Copper: 0.23mg (11.35%), Potassium: 324.15mg (9.26%), Magnesium: 36.87mg (9.22%), Iron: 1.35mg (7.51%), Vitamin B5: 0.66mg (6.61%), Vitamin D: 0.97µg (6.47%), Fiber: 1.56g (6.26%), Vitamin A: 223.82IU (4.48%), Folate: 17.64µg (4.41%), Vitamin E: 0.34mg (2.3%)