



VanVoorst Ham Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 2 cups ham cubed fully cooked
- 1 tablespoon parsley fresh chopped
- 6 servings salt and pepper to taste
- 0.5 cup mozzarella cheese shredded
- 1 cup cup heavy whipping cream sour
- 10 ounces spiral pasta uncooked
- 2 tablespoons mustard yellow prepared

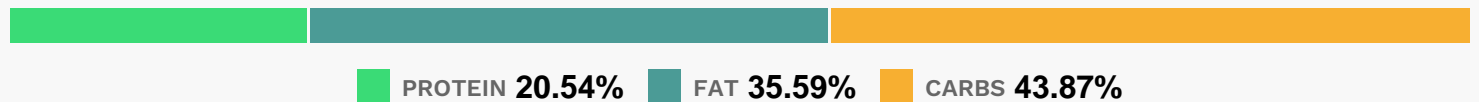
Equipment

- bowl
- oven
- pot
- casserole dish
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole dish.
- Mix together the ham, sour cream, mushroom soup, 1/2 cup of mozzarella cheese, yellow mustard, and 1 tablespoon of parsley in a bowl until well combined. Fold in the cooked pasta, season to taste with salt and pepper, and spoon the mixture into the prepared casserole dish.
- Sprinkle top of casserole with 1/2 cup mozzarella cheese and 1 tablespoon of parsley.
- Bake in the preheated oven until the casserole is hot and bubbling, and the cheese topping has melted and begun to brown, about 30 minutes. Allow to stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:14.26, Inflammation Score:-4, Nutrition Score:13.670869676963%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 369.59kcal (18.48%), Fat: 14.5g (22.31%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 38.36g (13.95%), Sugar: 2.74g (3.05%), Cholesterol: 60.03mg (20.01%), Sodium: 1117.57mg (48.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.66%), Selenium: 42.03µg (60.04%), Manganese: 0.63mg (31.64%), Phosphorus: 281.98mg (28.2%), Vitamin B1: 0.27mg (18.19%), Zinc: 2.5mg (16.69%), Vitamin B12: 0.91µg (15.09%), Copper: 0.29mg (14.69%), Vitamin B2: 0.24mg (14.31%), Vitamin B3: 2.68mg (13.4%), Vitamin C: 10.03mg (12.16%), Vitamin K: 11.85µg (11.28%), Magnesium: 44.95mg (11.24%), Calcium: 104.25mg (10.43%), Vitamin B6: 0.21mg (10.35%), Potassium: 341.45mg (9.76%), Iron: 1.48mg (8.22%), Vitamin B5: 0.79mg (7.89%), Fiber: 1.85g (7.4%), Vitamin A: 361.62IU (7.23%), Folate: 17.51µg (4.38%), Vitamin E: 0.24mg (1.59%)