

# Ham Casserole with Noodles and Sesame Seeds

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

3 cups cooked ham, diced  
1 package (8 ounce) medium noodles,  
cooked  
2 tablespoons toasted sesame seeds  
2 tablespoons butter or margarine  
2 cups rich cream sauce or 1-1/2  
cups of cream of chicken soup  
3 tablespoons buttered bread crumbs  
CREAM SAUCE  
3 tablespoons butter or margarine  
3 tablespoons flour  
2 cups milk  
salt (to taste)  
pepper (to taste)

Preheat the oven to 400 degrees.

Cook the noodles according to package directions. Drain. Stir the butter in at once.

Toast the sesame seeds in the oven for 8 to 10 minutes.

Make the cream sauce: In a bowl, mix the margarine, flour, milk, salt and pepper.

Mix the ham and sesame seeds into the sauce.

In a medium casserole, make alternate layers of the noodles and the ham-cream sauce, making two layers of each. Top with the buttered crumbs.

Bake for 20 minutes.

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Per Serving (excluding unknown items): 287 Calories; 21g Fat (65.1% calories from fat); 15g Protein; 10g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 1028mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 3 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	287	Vitamin B6 (mg):	.3mg
% Calories from Fat:	65.1%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	13.3%	Thiamin B1 (mg):	.7mg

% Calories from Protein:	21.6%
Total Fat (g):	21g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	75mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	15g
Sodium (mg):	1028mg
Potassium (mg):	365mg
Calcium (mg):	109mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	19mg
Vitamin A (i.u.):	465IU
Vitamin A (r.e.):	120 1/2RE

Riboflavin B2 (mg):	.3mg
Folacin (mcg):	10mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	3
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	287	Calories from Fat: 187
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### % Daily Values\*

<b>Total Fat</b>	21g	32%
Saturated Fat	10g	51%
<b>Cholesterol</b>	75mg	25%
<b>Sodium</b>	1028mg	43%
<b>Total Carbohydrates</b>	10g	3%
Dietary Fiber	1g	2%
<b>Protein</b>	15g	
<b>Vitamin A</b>		9%
<b>Vitamin C</b>		32%
<b>Calcium</b>		11%
<b>Iron</b>		6%

\* Percent Daily Values are based on a 2000 calorie diet.