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Easy Ham and Noodles ♦♦

A simple and delicious recipe for ham and noodles. This classic dish is perfect for a quick and easy dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Ham
250 g	noodles
1 tsp	salt
1 tsp	pepper
2 tbsp	butter
2 cloves	garlic

1 onion
medium

2 tbsp Parsley

Directions

Step 1

Boiling

Cook the noodles according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the garlic and onion, and cook until softened.

Prep Time: 3 mins

Cook Time: 5 mins

Step 3

Sautéing

Add the ham to the skillet and cook until heated through.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stirring

Add the cooked noodles to the skillet and toss to combine. Season with salt, pepper, and parsley.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 14 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	14 g	50%	56%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Events

Christmas Picnic

Meal Type

Lunch Snack Supper

Nutritional Content

High Protein

Course

Soups

Diet

Nutrisystem Diet Ovo-Vegetarian Diet Ayurvedic Diet The F-Plan Diet
 The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet
 The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet
 The Master Cleanse Diet The Subway Diet The SlimFast Diet The Best Life Diet

Difficulty Level

Easy

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