



 **79%**  
HEALTH SCORE

## Angela's Alfredo Ham

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces mushrooms fresh sliced
- 8 ounces mushrooms fresh sliced
- 1 slice ham
- 8 ounces soup noodles fresh
- 16 ounce pasta sauce alfredo-style
- 16 ounces peas green frozen

### Equipment

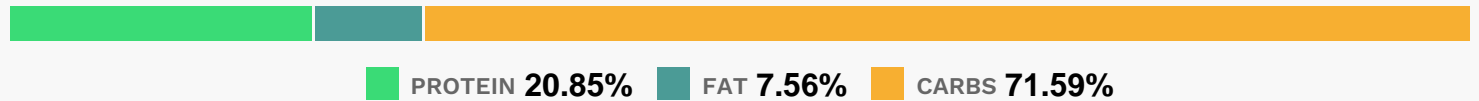
- frying pan

pot

## Directions

- Add pasta to a large pot of boiling salted water.
- Let cook for 8 to 10 minutes or until al dente.
- Drain and set aside.
- Heat a skillet to medium heat.
- Add the ham, peas and mushrooms and toss together until heated through.
- Add sauce and reserved tortellini and stir all together.
- Let all simmer for 3 to 5 minutes and serve.

## Nutrition Facts



## Properties

Glycemic Index:48.83, Glycemic Load:24.16, Inflammation Score:-9, Nutrition Score:30.54347826087%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 371.38kcal (18.57%), Fat: 3.21g (4.94%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 68.38g (22.79%), Net Carbohydrates: 57.27g (20.83%), Sugar: 14.23g (15.81%), Cholesterol: 4.34mg (1.45%), Sodium: 635.34mg (27.62%), Protein: 19.91g (39.83%), Selenium: 50.69µg (72.41%), Vitamin C: 55.68mg (67.49%), Manganese: 1.16mg (58.02%), Fiber: 11.11g (44.45%), Vitamin B3: 8.86mg (44.32%), Copper: 0.86mg (43.01%), Vitamin B2: 0.73mg (42.87%), Phosphorus: 372.75mg (37.28%), Vitamin B1: 0.51mg (34.25%), Potassium: 1120.55mg (32.02%), Vitamin K: 31.35µg (29.86%), Folate: 113.61µg (28.4%), Vitamin A: 1358.51IU (27.17%), Vitamin B6: 0.53mg (26.39%), Vitamin B5: 2.44mg (24.42%), Magnesium: 96.02mg (24%), Iron: 4.12mg (22.89%), Zinc: 3.21mg (21.38%), Vitamin E: 1.88mg (12.53%), Calcium: 60.02mg (6%), Vitamin D: 0.28µg (1.84%), Vitamin B12: 0.09µg (1.5%)