



 **16%**
HEALTH SCORE

Baked Pasta with Peas, Cheese and Ham

READY IN



45 min.

SERVINGS



6

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup ham smoked diced
- 1 teaspoon ground mustard dry
- 0.3 cup flour all-purpose
- 1 cup half and half
- 3 cups mild cheddar cheese shredded low-fat
- 2 cups milk
- 1.5 cups peas frozen
- 12 ounces farfalle pasta
- 6 servings salt

- 1.5 cups saltines crushed (25)
- 4 tablespoons butter unsalted

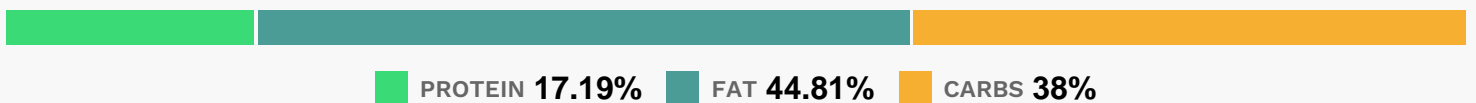
Equipment

- frying pan
- oven
- whisk
- pot

Directions

- Preheat oven to 400F. Bring a large pot of salted water to boil.
- Add pasta and cook until just tender, about 8 minutes.
- Drain and set aside.
- Melt 3 Tbsp. butter in a large ovenproof skillet over medium heat.
- Whisk in flour, mustard and 1/2 tsp. salt until smooth. Slowly whisk in milk and half-and-half and bring just to a simmer. Stir in cheese, a little at a time, until melted.
- Remove pan from heat and stir in peas, ham and pasta. Stir to coat with sauce.
- Sprinkle cracker crumbs over top of pasta and dot with remaining 1 Tbsp. butter.
- Bake until bubbling, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:37.72, Glycemic Load:23.11, Inflammation Score:-8, Nutrition Score:25.365217391304%

Nutrients (% of daily need)

Calories: 753.63kcal (37.68%), Fat: 37.47g (57.65%), Saturated Fat: 20.74g (129.6%), Carbohydrates: 71.51g (23.84%), Net Carbohydrates: 66.96g (24.35%), Sugar: 9.62g (10.69%), Cholesterol: 110.64mg (36.88%), Sodium: 1047.85mg (45.56%), Protein: 32.34g (64.68%), Selenium: 59.67µg (85.24%), Phosphorus: 603.53mg (60.35%), Calcium: 573.1mg (57.31%), Manganese: 0.87mg (43.45%), Vitamin B2: 0.64mg (37.44%), Zinc: 4.38mg (29.23%),

Vitamin A: 1351.5IU (27.03%), Vitamin B1: 0.39mg (25.89%), Magnesium: 84.24mg (21.06%), Folate: 80.64µg (20.16%), Vitamin B12: 1.15µg (19.11%), Fiber: 4.55g (18.21%), Vitamin C: 14.89mg (18.04%), Copper: 0.34mg (16.87%), Vitamin B3: 3.33mg (16.67%), Iron: 2.91mg (16.15%), Vitamin K: 16.3µg (15.53%), Potassium: 527.5mg (15.07%), Vitamin B6: 0.27mg (13.47%), Vitamin B5: 1.05mg (10.54%), Vitamin D: 1.37µg (9.16%), Vitamin E: 1.11mg (7.42%)