



Baked Penne with Ham and Broccoli

READY IN



50 min.

SERVINGS



6

CALORIES



647 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup gruyere cheese shredded
- ☐ 4 ounces ham cut into strips
- ☐ 3 cups milk low-fat at room temperature
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 cup panko bread crumbs (or other coarse bread crumbs)
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup parmesan grated

- ☐ 8 ounces penne pasta
- ☐ 6 servings salt and pepper
- ☐ 2 cups sharp cheddar shredded
- ☐ 5 tablespoons butter unsalted

Equipment

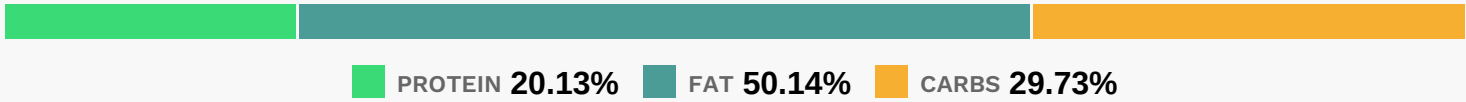
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375F; grease a 9-by-13-inch casserole dish. Bring a pot of salted water to a boil.
- ☐ Add pasta; cook for 7 minutes.
- ☐ Add broccoli; cook until broccoli is tender, 3 to 4 minutes longer.
- ☐ Drain, rinse with cold water and drain again.
- ☐ Pour into casserole.
- ☐ In a saucepan over medium heat, melt butter.
- ☐ Remove 1 Tbsp. from pan and drizzle over panko in a small bowl.
- ☐ Add flour to pan; whisk until smooth and bubbling, 1 minute. Slowly whisk in milk.
- ☐ Add paprika and nutmeg; season with salt and pepper. Stir until sauce begins to boil, about 8 minutes.
- ☐ Remove from heat.
- ☐ Stir 1 1/2 cups Cheddar and all of Gruyere and Parmesan into sauce until smooth. Stir in ham.
- ☐ Stir sauce into pasta mixture.

- ☐
- Sprinkle with remaining Cheddar and reserved panko.
- ☐
- Bake until top browns and sauce bubbles, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:14.9, Inflammation Score:-8, Nutrition Score:25.144347957943%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 646.6kcal (32.33%), Fat: 35.99g (55.36%), Saturated Fat: 20.14g (125.85%), Carbohydrates: 48g (16%), Net Carbohydrates: 45.41g (16.51%), Sugar: 8.21g (9.12%), Cholesterol: 107.4mg (35.8%), Sodium: 1013.65mg (44.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.02%), Calcium: 730.19mg (73.02%), Selenium: 50.34µg (71.91%), Phosphorus: 611.2mg (61.12%), Vitamin B2: 0.57mg (33.73%), Vitamin C: 26.17mg (31.72%), Vitamin K: 33.2µg (31.62%), Vitamin B12: 1.69µg (28.22%), Vitamin A: 1406.23IU (28.12%), Zinc: 4.14mg (27.6%), Manganese: 0.55mg (27.29%), Vitamin B1: 0.39mg (26.04%), Magnesium: 69.5mg (17.37%), Vitamin B6: 0.31mg (15.62%), Folate: 58.24µg (14.56%), Potassium: 499.31mg (14.27%), Vitamin B3: 2.79mg (13.94%), Vitamin D: 1.98µg (13.23%), Vitamin B5: 1.23mg (12.31%), Fiber: 2.58g (10.34%), Copper: 0.2mg (9.77%), Iron: 1.72mg (9.55%), Vitamin E: 1.04mg (6.97%)