



## Bow-Ties with Ham

READY IN



75 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz farfalle pasta uncooked (farfalle)
- 16 oz alfredo sauce
- 10 medium asparagus cut into 1-inch pieces ( 1 cup)
- 0.5 cup sun-dried tomatoes drained chopped in oil
- 1 cup finely-chopped ham diced cooked ( )
- 4 oz havarti cheese shredded

### Equipment

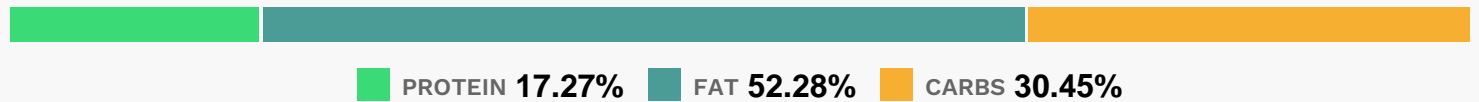
- sauce pan

oven

## Directions

- Heat oven to 350°F. Spray 2–quart casserole with cooking spray. Cook and drain pasta as directed on package.
- Meanwhile, in 3–quart saucepan, heat Alfredo sauce over medium heat, stirring frequently, until hot. Gently stir in cooked pasta, asparagus, tomatoes and ham. Stir in 1/2 cup of the cheese.
- Pour into casserole.
- Cover; bake 35 to 45 minutes or until bubbly. Top with remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:8.66, Inflammation Score:-5, Nutrition Score:10.89565223585%

## Flavonoids

Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

## Nutrients (% of daily need)

Calories: 358.68kcal (17.93%), Fat: 20.65g (31.77%), Saturated Fat: 10.05g (62.82%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 25.06g (9.11%), Sugar: 2.47g (2.74%), Cholesterol: 79.97mg (26.66%), Sodium: 894.93mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.69%), Selenium: 24.14µg (34.49%), Phosphorus: 235.35mg (23.54%), Vitamin C: 15.31mg (18.55%), Manganese: 0.36mg (18.24%), Calcium: 132.51mg (13.25%), Vitamin B1: 0.19mg (12.71%), Zinc: 1.79mg (11.94%), Vitamin B2: 0.2mg (11.58%), Copper: 0.21mg (10.67%), Vitamin K: 11.12µg (10.59%), Vitamin A: 469.36IU (9.39%), Potassium: 326.15mg (9.32%), Vitamin B3: 1.76mg (8.82%), Magnesium: 35.22mg (8.81%), Vitamin B12: 0.53µg (8.77%), Folate: 32.98µg (8.25%), Fiber: 2g (8%), Vitamin B6: 0.16mg (7.95%), Iron: 1.38mg (7.64%), Vitamin B5: 0.47mg (4.68%), Vitamin E: 0.46mg (3.08%)