



Broccoli-Ham Mac and Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



1028 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz steam-in-bag broccoli florets frozen
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.1 teaspoon garlic powder
- 0.3 teaspoon ground pepper red
- 2.5 cups milk 2%
- 16 oz rotini pasta
- 0.5 teaspoon salt
- 10 oz block sharp cheddar cheese shredded 2%

2 cups ham smoked chopped

Equipment

sauce pan

whisk

Directions

Prepare pasta and broccoli according to package directions.

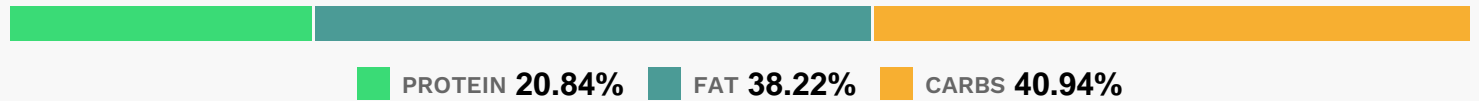
Meanwhile, melt butter in a large saucepan over medium heat. Gradually whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually whisk in milk and next 3 ingredients; cook, whisking constantly, 8 to 10 minutes or until thickened.

Remove from heat.

Gradually stir in Cheddar cheese, stirring until cheese is melted and sauce is smooth. Stir in ham, hot cooked pasta, and broccoli.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:39.94, Inflammation Score:-9, Nutrition Score:40.26043489705%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 1027.56kcal (51.38%), Fat: 43.71g (67.25%), Saturated Fat: 24.22g (151.38%), Carbohydrates: 105.33g (35.11%), Net Carbohydrates: 99.23g (36.08%), Sugar: 12.3g (13.67%), Cholesterol: 153.98mg (51.33%), Sodium: 1981.77mg (86.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.63g (107.27%), Selenium: 100.36µg (143.38%), Phosphorus: 941.4mg (94.14%), Vitamin C: 76.25mg (92.43%), Vitamin K: 89.98µg (85.69%), Calcium: 755.38mg (75.54%), Manganese: 1.3mg (65.18%), Vitamin B2: 0.8mg (46.92%), Zinc: 6.87mg (45.8%), Vitamin A: 1797.02IU (35.94%), Magnesium: 141.94mg (35.49%), Copper: 0.62mg (30.9%), Potassium: 1025.96mg (29.31%),

Folate: 111.15µg (27.79%), Vitamin B12: 1.56µg (25.95%), Fiber: 6.09g (24.37%), Vitamin B6: 0.42mg (21.16%), Iron: 3.73mg (20.7%), Vitamin B1: 0.3mg (20.23%), Vitamin B5: 1.84mg (18.44%), Vitamin B3: 3.12mg (15.61%), Vitamin E: 1.74mg (11.57%), Vitamin D: 0.43µg (2.83%)