



Broccoli Ham Tetrazzini

READY IN



70 min.

SERVINGS



8

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz pasta like spaghetti uncooked
- 24 oz broccoli frozen
- 1 cup finely-chopped ham cubed fully cooked
- 0.3 cup milk
- 16 oz alfredo sauce
- 2 oz pimientos diced drained
- 2 tablespoons parmesan cheese grated

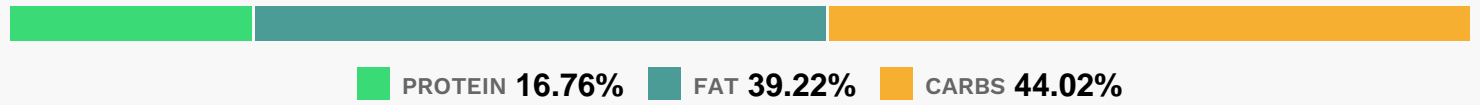
Equipment

oven

Directions

- Heat oven to 350°F. Cook and drain spaghetti as directed on package. Cook frozen broccoli as directed on bag.
- In ungreased 2-quart casserole, mix cooked broccoli, ham, milk, Alfredo sauce and pimientos. Gently stir in cooked spaghetti; cover.
- Bake 35 minutes. Uncover; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:9.87, Inflammation Score:-7, Nutrition Score:17.739565004473%

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: 269.02kcal (13.45%), Fat: 11.74g (18.06%), Saturated Fat: 5.4g (33.78%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 26.36g (9.59%), Sugar: 3.71g (4.13%), Cholesterol: 49.51mg (16.5%), Sodium: 599.96mg (26.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.57%), Vitamin C: 86.53mg (104.88%), Vitamin K: 87.54µg (83.38%), Selenium: 23.44µg (33.48%), Manganese: 0.45mg (22.65%), Phosphorus: 168.07mg (16.81%), Folate: 59.68µg (14.92%), Vitamin A: 741.19IU (14.82%), Fiber: 3.28g (13.13%), Vitamin B6: 0.25mg (12.48%), Potassium: 399.08mg (11.4%), Vitamin B1: 0.17mg (11.12%), Vitamin B2: 0.17mg (10.01%), Magnesium: 37.7mg (9.43%), Vitamin B3: 1.59mg (7.95%), Zinc: 1.17mg (7.77%), Vitamin B5: 0.77mg (7.66%), Copper: 0.14mg (7.23%), Iron: 1.26mg (7.01%), Calcium: 67.7mg (6.77%), Vitamin E: 0.76mg (5.1%), Vitamin B12: 0.26µg (4.29%)