



Cheesy Ditali with Orange-Baked Ham

READY IN



45 min.

SERVINGS



2

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound asparagus spears fresh (9 spears)
- 0.3 cup no-salt-added beef broth undiluted canned
- 1 tablespoon flour all-purpose
- 0.5 teaspoon garlic minced
- 0.1 teaspoon ground pepper white
- 0.3 cup orange-baked ham diced
- 1 ounce cheddar cheese shredded reduced-fat
- 1 teaspoon butter reduced-calorie
- 3 ounces ditali) pasta (tube-shaped uncooked

0.3 cup skim milk

Equipment

frying pan

knife

peeler

Directions

Snap off tough ends of asparagus.

Remove scales from stalks with a knife or vegetable peeler, if desired.

Cut spears into 1-inch pieces. Arrange asparagus in a vegetable steamer over boiling water. Cover and steam 3 to 5 minutes or until crisp-tender; drain.

Cook pasta according to package directions, omitting salt and fat; drain well. Set aside, and keep warm.

Coat a medium nonstick skillet with cooking spray; add margarine.

Place over medium heat until margarine melts.

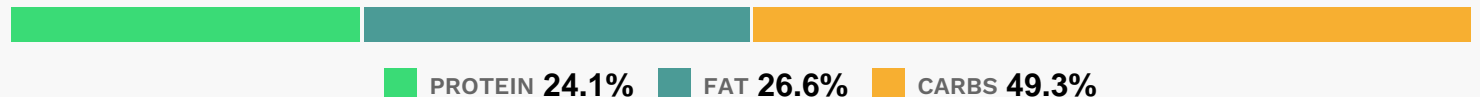
Add garlic; saute 30 seconds.

Add flour; cook, stirring constantly, 1 minute. Gradually add broth and milk, stirring constantly. Cook over medium heat, stirring constantly, until slightly thickened.

Add asparagus, Orange-

Baked Ham, cheese, and pepper, stirring until cheese melts. Stir in pasta, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:106.13, Glycemic Load:16.05, Inflammation Score:-8, Nutrition Score:19.470434758974%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 333.16kcal (16.66%), Fat: 9.87g (15.18%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 37.27g (13.55%), Sugar: 4.91g (5.45%), Cholesterol: 25.99mg (8.66%), Sodium: 576.78mg (25.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.24%), Selenium: 41.51µg (59.3%), Vitamin K: 47.33µg (45.07%), Phosphorus: 313.16mg (31.32%), Manganese: 0.62mg (31.02%), Vitamin B1: 0.4mg (26.45%), Vitamin A: 1038.6IU (20.77%), Vitamin B2: 0.35mg (20.65%), Iron: 3.69mg (20.47%), Folate: 77.12µg (19.28%), Copper: 0.38mg (19.22%), Vitamin B3: 3.66mg (18.3%), Zinc: 2.59mg (17.25%), Vitamin B6: 0.33mg (16.43%), Fiber: 3.89g (15.57%), Potassium: 501.24mg (14.32%), Calcium: 141.02mg (14.1%), Magnesium: 51.97mg (12.99%), Vitamin C: 10.43mg (12.64%), Vitamin B12: 0.65µg (10.84%), Vitamin E: 1.5mg (10.01%), Vitamin B5: 0.84mg (8.39%), Vitamin D: 0.51µg (3.43%)