



 **23%**
HEALTH SCORE

Cheesy Ham and Shrimp Macaroni Au Gratin

READY IN



45 min.

SERVINGS



4

CALORIES



676 kcal

SIDE DISH

Ingredients

- 150 g broccoli
- 300 g cream sauce
- 250 g elbow macaroni
- 3 slices ham
- 3 mushrooms
- 3 mushrooms
- 2 tablespoons olive oil extra virgin extra-virgin plus more for serving
- 1 oz parmesan for topping
- 10 medium shrimp

1 cup water (adjust accordingly to preference)

Equipment

oven

peeler

Directions

Cut off base of broccoli stem.

Cut broccoli into florets.

Remove skin from stem using a peeler and dice it. Wash broccoli thoroughly. Blanch broccoli and butter them. Rinse and dice mushrooms and ham.

Add into sauce and mix well.

Remove shells from shrimps and devein. Dice and set aside. Preheat oven at 250C. Cook pasta accordingly to instructions.

Drain. Grease tin foils. Put pastas into foils and distribute sauce mixture evenly. Stir well. From Step 1 until the above, you can actually prepare ahead of time and refrigerate them with covers if youve guests coming over. Then follow by the rest of the steps below.

Mix shrimps and broccoli stems evenly.

Place broccoli florets, and top with cheese.

Bake the gratin at 250C till golden brown. My oven took about 7 mins to brown. Look at how cheesy it turned out! Crispy on the outside and creamy inside. Enjoy your Cheesy Ham and Shrimp Macaroni Au Gratin!

Nutrition Facts



PROTEIN 15.19% **FAT 27.08%** **CARBS 57.73%**

Properties

Glycemic Index:30.75, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:22.657826086957%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol:

2.94mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Taste

Sweetness: 84.78%, Saltiness: 100%, Sourness: 37.73%, Bitterness: 55.9%, Savoriness: 77.19%, Fattiness: 81.43%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 675.67kcal (33.78%), Fat: 20.34g (31.29%), Saturated Fat: 6.63g (41.41%), Carbohydrates: 97.54g (32.51%), Net Carbohydrates: 92.17g (33.51%), Sugar: 29.06g (32.29%), Cholesterol: 58.84mg (19.61%), Sodium: 672.78mg (29.25%), Caffeine: 5.25mg (1.75%), Protein: 25.67g (51.35%), Selenium: 51.31µg (73.31%), Manganese: 0.96mg (47.84%), Vitamin K: 44.52µg (42.4%), Vitamin C: 34.23mg (41.49%), Phosphorus: 389.05mg (38.91%), Copper: 0.68mg (34.12%), Magnesium: 96.15mg (24.04%), Vitamin E: 3.44mg (22.91%), Fiber: 5.38g (21.5%), Vitamin B2: 0.34mg (20.01%), Potassium: 698.93mg (19.97%), Zinc: 2.84mg (18.91%), Vitamin B3: 3.53mg (17.64%), Vitamin B1: 0.26mg (17.44%), Calcium: 171.63mg (17.16%), Iron: 2.62mg (14.56%), Vitamin B6: 0.29mg (14.34%), Vitamin B5: 1.15mg (11.51%), Folate: 44.1µg (11.03%), Vitamin A: 290.48IU (5.81%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.24µg (1.62%)