



Cheesy Ham & Vegetable Bake

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz broccoli frozen
- ☐ 1.5 cups ham cooked chopped
- ☐ 0.5 cup croutons crushed
- ☐ 1 clove garlic minced
- ☐ 0.5 cup milk
- ☐ 0.3 cup onion chopped
- ☐ 1.5 cups rotini pasta uncooked
- ☐ 1.5 cups cheddar cheese shredded divided
- ☐ 0.5 cup heavy whipping cream sour

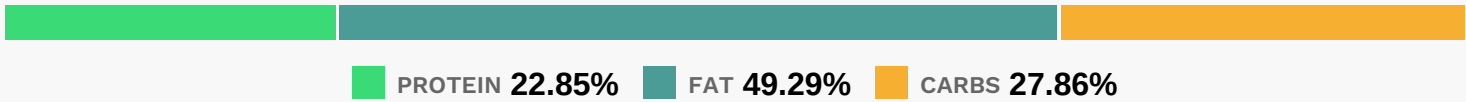
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Cook pasta according to package directions; add frozen vegetables to cooking water just to thaw.
- ☐ Drain; place mixture in a 2-quart casserole dish that has been sprayed with non-stick vegetable spray.
- ☐ Mix sour cream, milk, one cup cheese, ham, onion and garlic; stir into pasta mixture in dish.
- ☐ Bake, uncovered, at 350 degrees for 30 minutes.
- ☐ Sprinkle with croutons and remaining cheese during last 5 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:7.44, Inflammation Score:-8, Nutrition Score:20.668695491293%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 5.97mg, Kaempferol: 5.97mg, Kaempferol: 5.97mg, Kaempferol: 5.97mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 302.44kcal (15.12%), Fat: 16.81g (25.86%), Saturated Fat: 8.39g (52.42%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 18.68g (6.79%), Sugar: 3.7g (4.11%), Cholesterol: 62.62mg (20.87%), Sodium: 568.36mg (24.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.06%), Vitamin C: 74.84mg (90.71%), Vitamin K: 78.19µg (74.46%), Selenium: 27.1µg (38.71%), Phosphorus: 330.8mg (33.08%), Calcium: 288.81mg (28.88%), Vitamin B2: 0.36mg (21.1%), Vitamin A: 906.57IU (18.13%), Vitamin B1: 0.26mg (17.33%), Manganese: 0.34mg (17.24%), Zinc: 2.37mg (15.83%), Folate: 62.84µg (15.71%), Vitamin B12: 0.85µg (14.13%), Vitamin B6: 0.28mg (14.03%), Potassium: 442.77mg (12.65%), Magnesium: 43.31mg (10.83%), Fiber: 2.7g (10.79%), Vitamin B5: 1.02mg (10.23%), Vitamin B3: 1.94mg (9.71%), Copper: 0.13mg (6.69%), Iron: 1.17mg (6.5%), Vitamin E: 0.9mg (6.02%),

Vitamin D: 0.39µg (2.62%)