



Creamy Bow-Ties with Ham and Vegetables

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 5 oz farfalle pasta uncooked (farfalle)
- ☐ 0.5 cup chives reduced-fat (from 8-oz container)
- ☐ 1 cup baby carrots
- ☐ 8 oz asparagus fresh cut into 1 1/2-inch pieces
- ☐ 1.5 cups finely-chopped ham cooked (1x)
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.8 cup frangelico

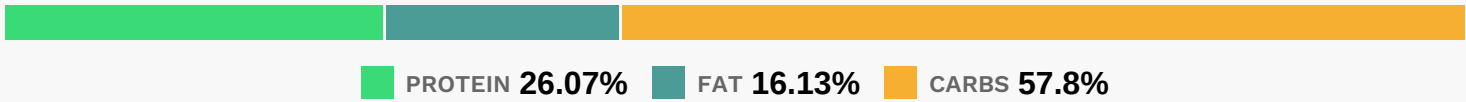
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 12-inch nonstick skillet, mix cream cheese and half-and-half. Cook over medium heat 2 to 3 minutes, stirring constantly, until melted and smooth.
- ☐ Stir in carrots. Cook 4 minutes, stirring occasionally. Stir in asparagus. Cover; cook 4 to 5 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in pasta, ham and marjoram. Cook, stirring occasionally, just until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:11, Inflammation Score:-10, Nutrition Score:18.647391308909%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 218.67kcal (10.93%), Fat: 3.91g (6.02%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 28.14g (10.23%), Sugar: 3.63g (4.03%), Cholesterol: 30.93mg (10.31%), Sodium: 517.81mg (22.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Vitamin A: 5059.6IU (101.19%), Selenium: 32.42µg (46.32%), Vitamin K: 37.32µg (35.54%), Manganese: 0.5mg (25.09%), Vitamin B1: 0.35mg (23.41%), Phosphorus: 232.07mg (23.21%), Vitamin C: 16.79mg (20.35%), Copper: 0.3mg (14.89%), Vitamin B3: 2.87mg (14.37%), Fiber: 3.38g (13.52%), Iron: 2.4mg (13.36%), Vitamin B2: 0.22mg (12.9%), Folate: 51.04µg (12.76%), Vitamin B6: 0.25mg (12.55%), Zinc: 1.83mg (12.22%), Potassium: 403.37mg (11.52%), Magnesium: 40.94mg (10.23%), Vitamin B12: 0.6µg (9.96%), Vitamin B5: 0.82mg (8.23%), Vitamin E: 0.69mg (4.6%), Calcium: 38.56mg (3.86%)