



Creamy Ham and Fettuccine

READY IN



20 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

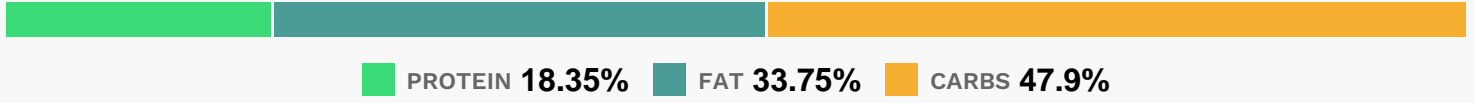
MAIN DISH

Ingredients

- 6 ounces finely-chopped ham cooked
- 9 ounce fettuccine barilla
- 1 garlic clove
- 2 tablespoons spring onion
- 0.3 cup yogurt plain low-fat
- 2 tablespoons milk
- 1 cup peas sweet frozen
- 0.3 cup ranch dressing
- 1 tablespoon vegetable oil

Equipment

Nutrition Facts



Properties

Glycemic Index:47.08, Glycemic Load:20.72, Inflammation Score:-6, Nutrition Score:20.538260869565%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 451.66kcal (22.58%), Fat: 16.86g (25.94%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 53.82g (17.94%), Net Carbohydrates: 49.56g (18.02%), Sugar: 5.83g (6.48%), Cholesterol: 90.65mg (30.22%), Sodium: 659.26mg (28.66%), Protein: 20.63g (41.25%), Selenium: 60.8µg (86.86%), Vitamin K: 41.95µg (39.95%), Phosphorus: 384.18mg (38.42%), Manganese: 0.74mg (36.94%), Vitamin C: 25.37mg (30.75%), Vitamin B1: 0.45mg (29.92%), Zinc: 2.88mg (19.21%), Vitamin B3: 3.67mg (18.34%), Fiber: 4.26g (17.06%), Vitamin B6: 0.34mg (16.91%), Vitamin B2: 0.28mg (16.28%), Vitamin B12: 0.96µg (16.08%), Magnesium: 63.8mg (15.95%), Copper: 0.31mg (15.6%), Potassium: 443.49mg (12.67%), Vitamin B5: 1.27mg (12.66%), Iron: 2.23mg (12.36%), Folate: 48.12µg (12.03%), Calcium: 88.24mg (8.82%), Vitamin A: 375.1IU (7.5%), Vitamin E: 0.92mg (6.14%), Vitamin D: 0.29µg (1.93%)