



Creamy Ham and Fettuccine

READY IN



20 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz finely-chopped ham cooked thinly sliced cut into 1/4-inch strips
- ☐ 9 oz fettuccine barilla refrigerated
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 2 tablespoons milk
- ☐ 1 cup peas sweet frozen
- ☐ 0.3 cup ranch dressing
- ☐ 1 tablespoon vegetable oil

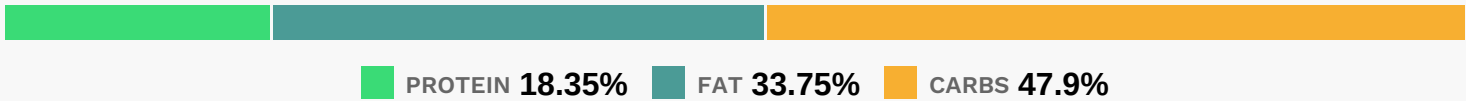
Equipment

☐ frying pan

Directions

- ☐ Cook and drain fettuccine as directed on package.
- ☐ In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add garlic and onions; cook 1 minute.
- ☐ Add ham and peas; cook 1 to 2 minutes, stirring frequently, until hot.
- ☐ Reduce heat to low. Stir in yogurt, dressing and milk.
- ☐ Add fettuccine; cook 2 to 3 minutes, stirring constantly, until hot.

Nutrition Facts



Properties

Glycemic Index:47.08, Glycemic Load:20.72, Inflammation Score:-6, Nutrition Score:20.538260713868%

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%), Alcohol: Og (100%), Alcohol %: 0% (100%), 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%)