






 **26%**  
HEALTH SCORE

# Creamy Pasta Shells with Broccoli and Ham

READY IN  
  
**17 min.**

SERVINGS  
  
**4**

CALORIES  
  
**752 kcal**

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

## Ingredients

- 4 cups broccoli florets (from 1 medium head broccoli)
- 4 ounces finely-chopped ham cooked chopped
- 0.8 cup cup heavy whipping cream warmed
- 1 small onion finely chopped
- 0.5 cup parmesan grated
- 1 pound shells
- 4 servings salt and pepper
- 2 tablespoons butter unsalted

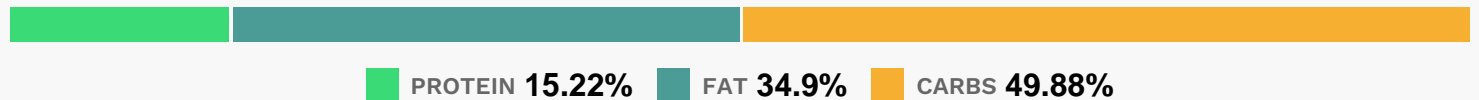
## Equipment

- frying pan
- pot

## Directions

- Bring a large pot of salted water to boil.
- Add pasta and cook until al dente, 8 to 10 minutes.
- Add broccoli for last 2 to 3 minutes of cooking time.
- Drain and return to pot.
- While pasta is cooking, melt butter over medium heat in a large skillet.
- Add onion and saut until softened, about 3 minutes.
- Add ham and cook, stirring, 2 minutes longer. Stir in cream, bring to a simmer and cook, stirring occasionally, until thickened, 3 to 5 minutes.
- Scrape cream mixture into pot with pasta and broccoli.
- Add cheese and toss to combine. Season with salt and pepper and serve immediately, passing more Parmesan, if desired.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:35.69, Inflammation Score:-9, Nutrition Score:31.671304371046%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

## Nutrients (% of daily need)

Calories: 751.8kcal (37.59%), Fat: 29.24g (44.99%), Saturated Fat: 16.82g (105.11%), Carbohydrates: 94.03g (31.34%), Net Carbohydrates: 87.73g (31.9%), Sugar: 6.72g (7.47%), Cholesterol: 94.67mg (31.56%), Sodium:

771.83mg (33.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.36%), Selenium: 83.87µg (119.81%), Vitamin C: 89.34mg (108.29%), Vitamin K: 95.13µg (90.6%), Manganese: 1.27mg (63.53%), Phosphorus: 476.55mg (47.66%), Vitamin A: 1495.82IU (29.92%), Fiber: 6.29g (25.17%), Calcium: 251.56mg (25.16%), Magnesium: 95.68mg (23.92%), Vitamin B1: 0.34mg (22.61%), Vitamin B6: 0.44mg (22.05%), Vitamin B2: 0.37mg (22.03%), Folate: 84.79µg (21.2%), Copper: 0.42mg (21.08%), Zinc: 3.09mg (20.61%), Potassium: 701.26mg (20.04%), Vitamin B3: 3.6mg (18.01%), Vitamin B5: 1.46mg (14.57%), Iron: 2.57mg (14.26%), Vitamin B12: 0.63µg (10.55%), Vitamin E: 1.44mg (9.59%), Vitamin D: 0.88µg (5.88%)