



Four-Cheese Pasta With Peas and Ham

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

880 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces deli ham diced
- ☐ 2 large eggs
- ☐ 1 cup evaporated milk
- ☐ 3 ounces fontina grated 1 scant cup
- ☐ 4 servings kosher salt
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup part-skim mozzarella cheese grated
- ☐ 1 cup peas frozen
- ☐ 12 ounces penne pasta

- ☐ 3 ounces sharp cheddar cheese grated 1 scant cup
- ☐ 4 tablespoons butter unsalted

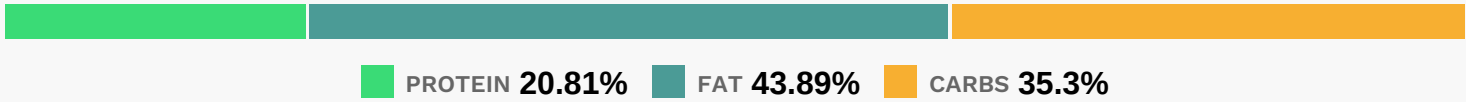
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook until very al dente, about 8 minutes, adding the peas in the last 2 minutes of cooking.
- ☐ Meanwhile, whisk the eggs, egg white, evaporated milk and 1/2 teaspoon salt in a bowl.
- ☐ Drain the pasta and peas; wipe the pot dry and return the pasta and peas to the pot.
- ☐ Add the butter and stir to coat.
- ☐ Add the cheddar, mozzarella, fontina and the egg mixture.
- ☐ Place the pot over medium-low heat and cook, stirring constantly, until thickened, 8 to 10 minutes, adding the ham halfway through cooking (don't let the mixture boil or the eggs will scramble).
- ☐ Remove the pot from the heat and stir in the parmesan.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:27.27, Inflammation Score:-8, Nutrition Score:28.288695812225%

Nutrients (% of daily need)

Calories: 880.15kcal (44.01%), Fat: 42.67g (65.64%), Saturated Fat: 24.66g (154.15%), Carbohydrates: 77.21g (25.74%), Net Carbohydrates: 72.42g (26.33%), Sugar: 11.59g (12.88%), Cholesterol: 133.9mg (44.63%), Sodium:

1231.52mg (53.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.51g (91.02%), Selenium: 80.06µg (114.38%), Calcium: 831.7mg (83.17%), Phosphorus: 766.46mg (76.65%), Manganese: 0.95mg (47.43%), Vitamin B2: 0.69mg (40.33%), Zinc: 5.29mg (35.24%), Vitamin A: 1417.22IU (28.34%), Magnesium: 98.96mg (24.74%), Vitamin B1: 0.35mg (23.48%), Vitamin B12: 1.24µg (20.63%), Fiber: 4.79g (19.15%), Vitamin C: 15.7mg (19.03%), Copper: 0.37mg (18.34%), Vitamin B6: 0.36mg (17.94%), Potassium: 625.1mg (17.86%), Vitamin B3: 3.4mg (17.02%), Folate: 54.76µg (13.69%), Iron: 2.21mg (12.27%), Vitamin B5: 1.21mg (12.08%), Vitamin K: 12.16µg (11.58%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.82µg (5.49%)