



Garlic and Ham Spaghetti

READY IN



30 min.

SERVINGS



4

CALORIES



704 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce olives black drained canned
- 16 ounce broccoli frozen chopped
- 5 tablespoons butter
- 16 ounces mushrooms fresh sliced
- 16 ounces mushrooms fresh sliced
- 3 cloves garlic chopped
- 12 slices ham chopped
- 1 onion chopped
- 8 ounces pasta like spaghetti

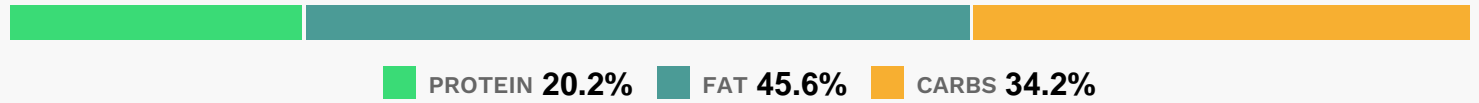
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add spaghetti and cook for 8 to 10 minutes or until al dente; drain and set aside.
- In a large skillet over medium heat, melt butter and add garlic, onion, mushrooms, broccoli, olives, and ham.
- Saute mixture until onions are translucent.
- In a large bowl toss cooked spaghetti with vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:20.91, Inflammation Score:-9, Nutrition Score:44.226087051889%

Flavonoids

Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

Nutrients (% of daily need)

Calories: 704.41kcal (35.22%), Fat: 36.87g (56.72%), Saturated Fat: 15.29g (95.59%), Carbohydrates: 62.22g (20.74%), Net Carbohydrates: 53.27g (19.37%), Sugar: 9.36g (10.4%), Cholesterol: 89.71mg (29.9%), Sodium: 1826.63mg (79.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.5%), Vitamin C: 108.65mg (131.7%), Selenium: 79.84µg (114.06%), Vitamin K: 117.69µg (112.09%), Vitamin B2: 1.28mg (75.46%), Vitamin B3: 13.78mg (68.89%), Phosphorus: 574.13mg (57.41%), Vitamin B1: 0.85mg (56.47%), Copper: 1.08mg (53.94%), Vitamin B5: 4.75mg (47.49%), Manganese: 0.95mg (47.48%), Vitamin B6: 0.91mg (45.43%), Potassium: 1517.46mg (43.36%), Fiber: 8.95g (35.79%), Folate: 129.82µg (32.45%), Zinc: 4.5mg (29.99%), Vitamin A: 1311.67IU (26.23%),

Magnesium: 98.58mg (24.64%), Vitamin E: 3.31mg (22.04%), Iron: 3.74mg (20.76%), Calcium: 114.6mg (11.46%),
Vitamin B12: 0.66µg (10.97%), Vitamin D: 1.04µg (6.94%)