

Ham and Cheese Bowties

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2.5 cups colby cheese shredded
- ☐ 4 ounces ham julienned cooked
- ☐ 8 ounces farfalle pasta (bow tie)
- ☐ 0.3 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 cups milk

- ☐ 0.5 teaspoon mustard prepared
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt

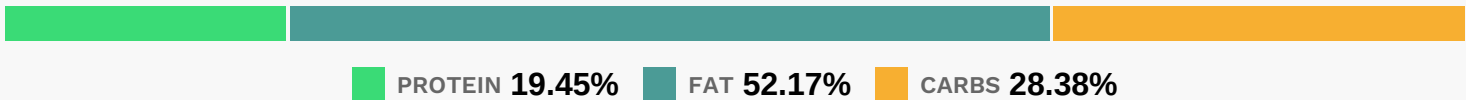
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large saucepan over medium heat, melt butter.
- ☐ Saute garlic 30 seconds.
- ☐ Whisk in flour, salt and pepper. Cook and stir until smooth.
- ☐ Pour in milk, a little at a time, stirring constantly. Bring to a boil for 1 minute. Stir in mustard and Colby. Continue to cook, stirring occasionally, until cheese is melted.
- ☐ Remove from heat and stir in pasta and ham.
- ☐ Pour into a 2 quart baking dish.
- ☐ Sprinkle with Parmesan.
- ☐ Bake 20 to 25 minutes, until bubbly and golden.

Nutrition Facts



Properties

Glycemic Index:49.83, Glycemic Load:15.72, Inflammation Score:-6, Nutrition Score:16.565217391304%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 539.32kcal (26.97%), Fat: 31.17g (47.96%), Saturated Fat: 18.57g (116.04%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 36.76g (13.37%), Sugar: 5.24g (5.82%), Cholesterol: 99.77mg (33.26%), Sodium: 915.97mg (39.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.31%), Selenium: 40.69µg (58.12%), Calcium: 527.22mg (52.72%), Phosphorus: 495.72mg (49.57%), Vitamin B2: 0.43mg (25.32%), Zinc: 3.21mg (21.41%), Manganese: 0.42mg (21.02%), Vitamin B12: 1.23µg (20.58%), Vitamin A: 951.43IU (19.03%), Vitamin B1: 0.23mg (15.49%), Magnesium: 51.26mg (12.81%), Vitamin B6: 0.21mg (10.38%), Potassium: 347.98mg (9.94%), Vitamin B3: 1.77mg (8.86%), Copper: 0.17mg (8.32%), Vitamin D: 1.25µg (8.3%), Vitamin B5: 0.8mg (7.98%), Iron: 1.35mg (7.52%), Folate: 27.39µg (6.85%), Fiber: 1.39g (5.56%), Vitamin C: 4.56mg (5.53%), Vitamin E: 0.48mg (3.22%), Vitamin K: 2.6µg (2.47%)