



Ham and Cheese Cellentani

READY IN



42 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces ham lean cooked chopped
- ☐ 6 tablespoons flour all-purpose
- ☐ 3 ounces fontina smoked shredded
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 cups milk 1% low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 ounce cocktail rye bread hearty

- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 2 ounces short cellentani pasta) spiral-shaped uncooked
- ☐ 0.5 teaspoon spicy brown mustard

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain, and keep warm.
- ☐ Preheat oven to 37
- ☐ Place flour in a large saucepan. Gradually add 1/2 cup milk, stirring constantly with a whisk until blended. Stir in remaining milk.
- ☐ Place saucepan over medium heat; cook until thick (about 7 minutes), stirring constantly.
- ☐ Remove from heat; add cheeses, stirring until cheese melts. Stir in salt, mustard, and pepper. Fold in pasta, ham, and chives. Coat individual gratin dishes or a 13 x 9- inch baking dish with cooking spray. Spoon pasta mixture into dishes.
- ☐ Pulse bread in a food processor until coarse crumbs form.
- ☐ Add oil, and pulse to blend.
- ☐ Sprinkle breadcrumb mixture evenly over pasta mixture and bake at 375 for 15 minutes or until mixture is bubbly and breadcrumbs are lightly browned.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **23.99%**  FAT **46.91%**  CARBS **29.1%**

Properties

Glycemic Index:39.67, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:10.531739131264%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 253.42kcal (12.67%), Fat: 13.13g (20.19%), Saturated Fat: 6.41g (40.03%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 17.48g (6.36%), Sugar: 5.13g (5.7%), Cholesterol: 43.69mg (14.56%), Sodium: 624.88mg (27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.21%), Calcium: 321.78mg (32.18%), Phosphorus: 288.04mg (28.8%), Selenium: 19.71µg (28.15%), Vitamin B12: 1.11µg (18.52%), Vitamin B2: 0.31mg (18.27%), Vitamin B1: 0.22mg (14.39%), Zinc: 1.91mg (12.76%), Vitamin A: 473.94IU (9.48%), Manganese: 0.19mg (9.36%), Vitamin D: 1.14µg (7.6%), Magnesium: 28.88mg (7.22%), Vitamin B3: 1.37mg (6.83%), Potassium: 238.68mg (6.82%), Folate: 26.24µg (6.56%), Vitamin B5: 0.65mg (6.54%), Vitamin B6: 0.13mg (6.53%), Vitamin C: 3.77mg (4.57%), Iron: 0.78mg (4.36%), Copper: 0.07mg (3.48%), Vitamin K: 3.63µg (3.46%), Fiber: 0.84g (3.35%), Vitamin E: 0.45mg (3%)