



Ham and Cheese Macaroni Bake with Peas

READY IN



43 min.

SERVINGS



8

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 4 ounces cheddar cheese shredded reduced-fat
- ☐ 1 pound elbow macaroni uncooked
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 cups ham lean chopped
- ☐ 3 cups milk 2% reduced-fat
- ☐ 0.5 cup onion finely chopped
- ☐ 1.5 cups peas frozen

- ☐ 0.8 teaspoon salt
- ☐ 4 ounces swiss cheese shredded
- ☐ 2 ounce sandwich bread white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Cook pasta in boiling water 6 minutes.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine pasta, ham, and peas in a large bowl.
- ☐ Heat a medium saucepan over medium heat. Coat pan with cooking spray.
- ☐ Add onion to pan; cook 4 minutes, stirring frequently.
- ☐ Add milk; bring to simmer.
- ☐ Remove from heat; stir in cheeses, salt, and peppers.
- ☐ Pour cheese mixture over pasta mixture; stir to coat. Spoon pasta mixture into a 13 x 9inch baking dish coated with cooking spray.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/4 cups.
- ☐ Combine breadcrumbs and butter in a bowl. Arrange breadcrumb mixture evenly over pasta mixture.
- ☐ Bake at 400 for 20 minutes or until lightly browned.

Nutrition Facts



 PROTEIN **20.37%**  FAT **35.09%**  CARBS **44.54%**

Properties

Glycemic Index:39.26, Glycemic Load:3.9, Inflammation Score:-7, Nutrition Score:19.29217398685%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 502.44kcal (25.12%), Fat: 19.44g (29.91%), Saturated Fat: 10.02g (62.64%), Carbohydrates: 55.53g (18.51%), Net Carbohydrates: 51.81g (18.84%), Sugar: 8.39g (9.32%), Cholesterol: 58.24mg (19.41%), Sodium: 751.62mg (32.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.8%), Selenium: 54.51µg (77.87%), Phosphorus: 432.34mg (43.23%), Calcium: 371.66mg (37.17%), Manganese: 0.71mg (35.68%), Vitamin B2: 0.42mg (24.61%), Vitamin B1: 0.36mg (24.14%), Zinc: 3.39mg (22.63%), Vitamin B12: 1.22µg (20.36%), Magnesium: 65.39mg (16.35%), Vitamin B3: 3.15mg (15.77%), Vitamin B6: 0.3mg (14.96%), Fiber: 3.72g (14.89%), Vitamin C: 11.82mg (14.32%), Copper: 0.26mg (13.2%), Vitamin A: 659.02IU (13.18%), Potassium: 437.97mg (12.51%), Folate: 47.26µg (11.81%), Iron: 1.69mg (9.41%), Vitamin B5: 0.88mg (8.82%), Vitamin K: 7.94µg (7.56%), Vitamin E: 0.52mg (3.46%), Vitamin D: 0.27µg (1.79%)