



## Ham and Cheese Ziti

READY IN



45 min.

SERVINGS



6

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 ounces ziti uncooked
- 0.3 cup butter
- 1 garlic clove finely chopped
- 0.3 cup flour all-purpose
- 0.5 teaspoon salt
- 2 cups milk
- 0.5 teaspoon dijon mustard
- 8 ounces colby cheese shredded
- 4 ounces deli honey ham cooked sliced cut into thin strips

0.3 cup parmesan cheese grated

## Equipment

sauce pan

oven

## Directions

Heat oven to 350°F. Cook and drain pasta as directed on package.

While pasta is cooking, melt butter in 3-quart saucepan over low heat. Cook garlic in butter 30 seconds, stirring frequently. Stir in flour and salt. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly. Gradually stir in milk.

Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in mustard and Colby cheese. Cook, stirring occasionally, until cheese is melted.

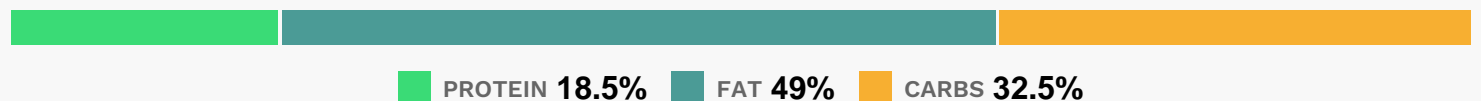
Stir pasta and ham into cheese sauce.

Pour into ungreased 2-quart casserole.

Sprinkle with Parmesan cheese.

Bake uncovered 20 to 25 minutes or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:36.17, Glycemic Load:17.13, Inflammation Score:-6, Nutrition Score:15.23521743974%

## 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: 512.77kcal (25.64%), Fat: 27.78g (42.75%), Saturated Fat: 12.85g (80.29%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 39.93g (14.52%), Sugar: 5.27g (5.86%), Cholesterol: 62.22mg (20.74%), Sodium: 871.08mg (37.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.21%), Selenium: 42.12µg (60.16%), Calcium: 423.24mg (42.32%), Phosphorus: 419.94mg (41.99%), Manganese: 0.45mg (22.56%), Vitamin B2: 0.37mg

(21.79%), Zinc: 2.82mg (18.79%), Vitamin A: 894.21IU (17.88%), Vitamin B1: 0.25mg (16.55%), Vitamin B12: 0.96µg (15.97%), Magnesium: 49.42mg (12.36%), Vitamin B6: 0.23mg (11.29%), Vitamin B3: 2.01mg (10.03%), Potassium: 341.33mg (9.75%), Vitamin D: 1.28µg (8.54%), Copper: 0.17mg (8.35%), Iron: 1.29mg (7.16%), Vitamin B5: 0.71mg (7.05%), Folate: 25.03µg (6.26%), Fiber: 1.53g (6.12%), Vitamin E: 0.59mg (3.92%), Vitamin K: 1.43µg (1.36%)