



WHATSheATE



HEALTH SCORE

72%

Ham and Cheese Ziti



Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



3077 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- ☐ 0.5 teaspoon salt
- ☐ 9 ounces ziti uncooked

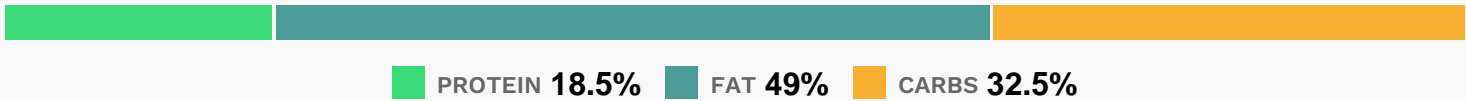
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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:217, Glycemic Load:102.79, Inflammation Score:-10, Nutrition Score:63.022608352744%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 3076.64kcal (153.83%), Fat: 166.71g (256.48%), Saturated Fat: 77.08g (481.74%), Carbohydrates: 248.75g (82.92%), Net Carbohydrates: 239.57g (87.12%), Sugar: 31.64g (35.15%), Cholesterol: 373.32mg (124.44%), Sodium:

5226.49mg (227.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 141.62g (283.23%), Selenium: 252.69µg (360.99%), Calcium: 2539.42mg (253.94%), Phosphorus: 2519.66mg (251.97%), Manganese: 2.71mg (135.37%), Vitamin B2: 2.22mg (130.76%), Zinc: 16.91mg (112.72%), Vitamin A: 5365.24IU (107.3%), Vitamin B1: 1.49mg (99.28%), Vitamin B12: 5.75µg (95.84%), Magnesium: 296.52mg (74.13%), Vitamin B6: 1.35mg (67.74%), Vitamin B3: 12.04mg (60.19%), Potassium: 2047.95mg (58.51%), Vitamin D: 7.69µg (51.26%), Copper: 1mg (50.08%), Iron: 7.73mg (42.93%), Vitamin B5: 4.23mg (42.33%), Folate: 150.17µg (37.54%), Fiber: 9.18g (36.72%), Vitamin E: 3.53mg (23.51%), Vitamin K: 8.59µg (8.18%), Vitamin C: 1.06mg (1.28%)