



Ham and Linguine Primavera

READY IN



20 min.

SERVINGS



20

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz broccoli florets frozen
- 0.3 tsp pepper red crushed
- 0.5 tsp basil leaves dried
- 0.5 tsp garlic powder
- 8 slices oscar mayer ham smoked chopped cut into strips or
- 8 oz pasta or any pasta, uncooked
- 0.3 cup milk
- 0.3 cup miracle whip dressing
- 0.3 cup parmesan cheese grated kraft

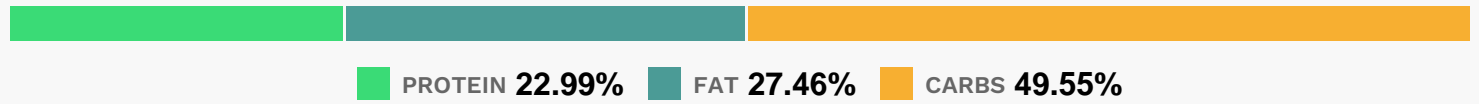
Equipment

frying pan

Directions

- Cook pasta as directed on pkg, adding broccoli to pasta cooking water during last 4 min. of pasta cooking time.
- Drain; return to pan.
- Add remaining ingredients; toss to coat.

Nutrition Facts



Properties

Glycemic Index:5.85, Glycemic Load:3.75, Inflammation Score:-3, Nutrition Score:5.8973913063174%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 87.18kcal (4.36%), Fat: 2.67g (4.11%), Saturated Fat: 1g (6.24%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 9.81g (3.57%), Sugar: 1.17g (1.3%), Cholesterol: 8.68mg (2.89%), Sodium: 189.74mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Vitamin C: 20.23mg (24.52%), Vitamin K: 23.8µg (22.67%), Selenium: 10.8µg (15.42%), Manganese: 0.16mg (7.95%), Phosphorus: 72.03mg (7.2%), Vitamin B1: 0.1mg (6.41%), Vitamin B6: 0.1mg (5.17%), Vitamin B3: 0.85mg (4.23%), Folate: 16.89µg (4.22%), Fiber: 1.04g (4.17%), Potassium: 139.76mg (3.99%), Vitamin B2: 0.07mg (3.96%), Zinc: 0.59mg (3.9%), Magnesium: 14.05mg (3.51%), Vitamin A: 166.92IU (3.34%), Calcium: 29.75mg (2.97%), Copper: 0.06mg (2.76%), Iron: 0.46mg (2.56%), Vitamin B5: 0.25mg (2.47%), Vitamin B12: 0.1µg (1.75%), Vitamin E: 0.25mg (1.68%)