



Ham Fettuccine Bake

READY IN



40 min.

SERVINGS



5

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter divided
- 1.5 cups cooked fettuccine cooked
- 2 cups finely-chopped ham cubed fully cooked
- 0.3 teaspoon parsley dried
- 0.3 cup breadcrumbs dry
- 2 tablespoons flour all-purpose
- 2 cups milk
- 1 cup peas frozen
- 6 ounces cheddar cheese shredded white

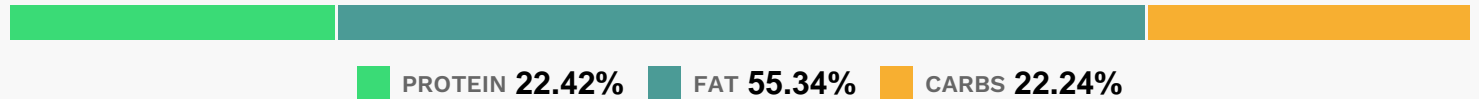
Equipment

- frying pan
- oven
- baking pan

Directions

- In a small skillet, cook bread crumbs and parsley in 1 tablespoon butter over medium heat for 4–5 minutes or until golden brown.
- Remove from pan; set aside.
- In a large skillet, melt the remaining butter. Stir in flour until smooth; gradually add the milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cheese; cook 2–3 minutes longer or until melted. Stir in the ham, fettuccine and peas.
- Transfer to a greased 11-in. x 7-in. baking dish; sprinkle with bread crumb mixture.
- Cover and bake at 350° for 20 minutes. Uncover; bake 5–10 minutes longer or until bubbly.

Nutrition Facts



Properties

Glycemic Index:56.87, Glycemic Load:8.44, Inflammation Score:-7, Nutrition Score:18.156956579374%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 423.33kcal (21.17%), Fat: 26.02g (40.03%), Saturated Fat: 13.65g (85.33%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 21.17g (7.7%), Sugar: 6.92g (7.69%), Cholesterol: 105.75mg (35.25%), Sodium: 878.25mg (38.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.72g (47.44%), Phosphorus: 455.36mg (45.54%), Selenium: 30.8µg (44%), Calcium: 386.64mg (38.66%), Vitamin B1: 0.47mg (31.11%), Vitamin B2: 0.48mg (28.02%), Vitamin C: 22.14mg (26.83%), Vitamin B12: 1.59µg (26.43%), Zinc: 3.32mg (22.16%), Vitamin A: 937.34IU (18.75%), Manganese: 0.32mg (15.77%), Vitamin B3: 3mg (14.98%), Vitamin B6: 0.27mg (13.5%), Magnesium: 49.62mg (12.4%), Potassium: 398.05mg (11.37%), Vitamin B5: 1.06mg (10.63%), Folate: 41.04µg (10.26%), Fiber:

2.35g (9.4%), Vitamin K: 9.32µg (8.88%), Vitamin D: 1.31µg (8.72%), Copper: 0.16mg (8.16%), Iron: 1.45mg (8.07%),
Vitamin E: 0.6mg (3.97%)