



## Italian-Style Ham Primavera

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups ham strips
- 0.5 tsp penzey's southwest seasoning dried italian
- 9.4 oz deluxe cheddar on rotini pasta white with broccoli kraft
- 2 cups vegetable blend frozen

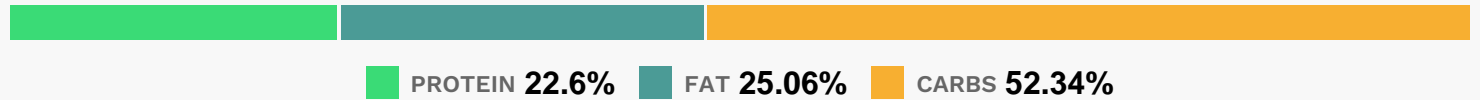
### Equipment

- sauce pan

## Directions

- Cook Rotini in boiling water in large saucepan 8 min., stirring occasionally.
- Add contents of Broccoli Pouch, ham and vegetable blend; cook 5 min., stirring frequently
- Drain.
- Stir in Cheese Sauce and seasoning; cook until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:23.87, Inflammation Score:-10, Nutrition Score:22.260000057842%

## Nutrients (% of daily need)

Calories: 476.1kcal (23.81%), Fat: 13.23g (20.35%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 62.15g (20.72%), Net Carbohydrates: 56.28g (20.47%), Sugar: 1.79g (1.99%), Cholesterol: 43.4mg (14.47%), Sodium: 877.72mg (38.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.67%), Vitamin A: 4624.81IU (92.5%), Selenium: 58.37µg (83.38%), Manganese: 0.85mg (42.7%), Vitamin B1: 0.59mg (39.47%), Phosphorus: 329.74mg (32.97%), Vitamin B3: 5.41mg (27.03%), Fiber: 5.87g (23.47%), Vitamin B6: 0.45mg (22.52%), Zinc: 2.98mg (19.86%), Magnesium: 71.06mg (17.76%), Copper: 0.34mg (16.83%), Vitamin B2: 0.27mg (16.07%), Potassium: 544.52mg (15.56%), Iron: 2.42mg (13.46%), Vitamin C: 9.47mg (11.48%), Folate: 41.02µg (10.25%), Vitamin B5: 0.76mg (7.57%), Vitamin B12: 0.45µg (7.47%), Calcium: 45.23mg (4.52%), Vitamin D: 0.49µg (3.27%), Vitamin E: 0.37mg (2.44%), Vitamin K: 1.47µg (1.4%)