



Jefferson" Virginia Ham Pasta

READY IN



30 min.

SERVINGS



8

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 pound country ham cut into 1/8-inch-thick strips (3/4 cup)
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 1 garlic clove thinly sliced
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 8 ounces mushrooms wild assorted sliced
- ☐ 2 tablespoons olive oil
- ☐ 17.6 oz soup noodles
- ☐ 0.5 cup peas sweet frozen

- ☐ 1 cup pecorino cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 3 shallots thinly sliced
- ☐ 1 cup wine dry white

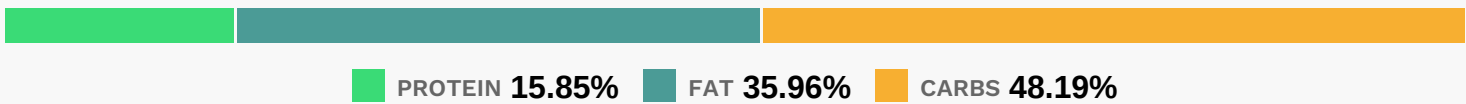
Equipment

- ☐ frying pan

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, saut ham in hot oil in a large skillet over medium heat 2 minutes or until lightly browned and crisp.
- ☐ Add shallots; saut 1 minute.
- ☐ Add mushrooms and garlic, and cook, stirring often, 2 minutes or until mushrooms are tender. Stir in wine, and cook 5 minutes or until reduced by half.
- ☐ Add peas, next 4 ingredients, and 1/2 cup cheese, stirring until cheese begins to melt and cream begins to thicken. Stir in hot cooked pasta, and toss until coated.
- ☐ Serve immediately with remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:19.97, Inflammation Score:-6, Nutrition Score:16.410000179125%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 454.62kcal (22.73%), Fat: 17.29g (26.61%), Saturated Fat: 8.08g (50.49%), Carbohydrates: 52.15g (17.38%), Net Carbohydrates: 48.94g (17.8%), Sugar: 4.1g (4.56%), Cholesterol: 41.48mg (13.83%), Sodium: 363.8mg (15.82%), Alcohol: 3.09g (100%), Alcohol %: 2.12% (100%), Protein: 17.15g (34.3%), Selenium: 47.72µg (68.18%), Vitamin K: 46.6µg (44.38%), Manganese: 0.71mg (35.38%), Phosphorus: 296.1mg (29.61%), Calcium: 166.98mg (16.7%), Copper: 0.32mg (15.89%), Vitamin B2: 0.27mg (15.65%), Vitamin B3: 3.01mg (15.05%), Vitamin B1: 0.2mg (13.66%), Magnesium: 53.46mg (13.37%), Fiber: 3.2g (12.81%), Zinc: 1.92mg (12.79%), Vitamin B6: 0.25mg (12.75%), Vitamin A: 573.08IU (11.46%), Potassium: 379.79mg (10.85%), Vitamin C: 8.46mg (10.25%), Iron: 1.69mg (9.41%), Vitamin B5: 0.9mg (8.99%), Folate: 31µg (7.75%), Vitamin E: 0.88mg (5.87%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.34µg (2.25%)