



## Macaroni and Cheese with Ham, Peas and Shallots

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 ounces ham cooked cut into small dice
- 0.3 cup vermouth dry
- 1 tablespoon olive oil
- 1 cup peas frozen
- 2 large shallots thinly sliced

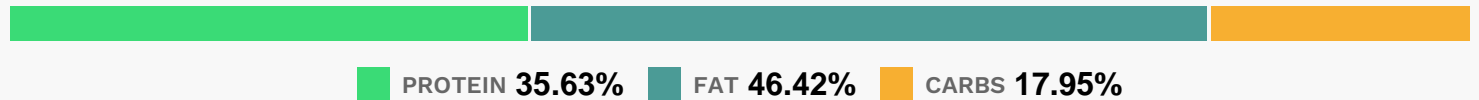
### Equipment

- frying pan

## Directions

- Follow recipe for Creamy Macaroni and Cheese.
- Heat oil in medium-high heat in a 10-inch skillet.
- Saute shallots until golden brown, 2 to 3 minutes.
- Add ham; continue to saute until meat begins to brown, about 2 minutes.
- Add vermouth and simmer until liquid almost evaporates, about a minute.
- Add peas. Stir mixture into macaroni and cheese.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:6.19, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:4.0608695797298%

## Nutrients (% of daily need)

Calories: 62.3kcal (3.12%), Fat: 3.02g (4.65%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.8g (0.66%), Sugar: 1.01g (1.13%), Cholesterol: 17.25mg (5.75%), Sodium: 273.99mg (11.91%), Alcohol: 0.47g (100%), Alcohol %: 1.31% (100%), Protein: 5.21g (10.43%), Vitamin C: 10.67mg (12.93%), Vitamin B1: 0.16mg (10.66%), Phosphorus: 84.53mg (8.45%), Selenium: 4.95µg (7.06%), Vitamin B12: 0.33µg (5.55%), Vitamin B3: 1.1mg (5.5%), Vitamin B6: 0.1mg (4.76%), Zinc: 0.69mg (4.62%), Vitamin B2: 0.07mg (4.29%), Manganese: 0.07mg (3.64%), Vitamin K: 3.73µg (3.55%), Fiber: 0.82g (3.29%), Potassium: 109.8mg (3.14%), Copper: 0.05mg (2.59%), Folate: 9.98µg (2.49%), Magnesium: 9.82mg (2.46%), Iron: 0.44mg (2.42%), Vitamin B5: 0.23mg (2.31%), Vitamin A: 92.6IU (1.85%), Vitamin E: 0.19mg (1.24%)