



Pasta with Ham and Herbed Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



740 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz cheese such as alouette or boursin soft
- ☐ 0.3 pound ham boiled cut into cubes
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings salt and pepper
- ☐ 1 pound rotini pasta whole-wheat

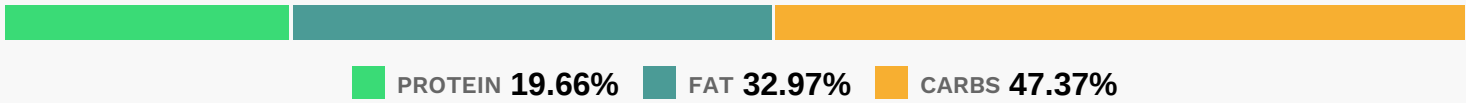
Equipment

- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil and prepare pasta according to package directions. Set aside 1 cup pasta cooking water and drain pasta. Return pasta to pot; crumble pieces of cheese over pasta.
- ☐ Add ham, salt and pepper to taste and parsley to pasta mixture.
- ☐ Pour in 1/2 cup pasta cooking water and toss or stir until cheese is melted and pasta is coated. Stir in more cooking water if mixture looks dry.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:34.53, Inflammation Score:-7, Nutrition Score:22.68652176857%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 740.08kcal (37%), Fat: 26.87g (41.34%), Saturated Fat: 14.28g (89.24%), Carbohydrates: 86.87g (28.96%), Net Carbohydrates: 83.18g (30.25%), Sugar: 3.36g (3.74%), Cholesterol: 84.2mg (28.07%), Sodium: 1047.38mg (45.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.13%), Selenium: 91.73µg (131.04%), Phosphorus: 607.84mg (60.78%), Calcium: 530.61mg (53.06%), Manganese: 1.05mg (52.53%), Vitamin K: 34.61µg (32.97%), Zinc: 4.75mg (31.64%), Vitamin B2: 0.38mg (22.5%), Magnesium: 89.03mg (22.26%), Copper: 0.42mg (21.11%), Vitamin A: 878.64IU (17.57%), Fiber: 3.69g (14.78%), Vitamin B12: 0.75µg (12.52%), Iron: 2.13mg (11.85%), Potassium: 398.8mg (11.39%), Vitamin B6: 0.21mg (10.59%), Vitamin B3: 1.99mg (9.95%), Folate: 38.34µg (9.58%), Vitamin B1: 0.12mg (8.29%), Vitamin B5: 0.79mg (7.89%), Vitamin E: 0.67mg (4.48%), Vitamin C: 2.66mg (3.22%), Vitamin D: 0.43µg (2.83%)