



Pea-Prosciutto Mac and Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



1042 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.1 teaspoon garlic powder
- 0.3 teaspoon ground pepper red
- 2.5 cups milk 2%
- 12 oz peas sweet frozen
- 2 oz pancetta thinly sliced
- 16 oz rotini pasta
- 0.5 teaspoon salt

10 oz block sharp cheddar cheese shredded 2%

Equipment

frying pan

sauce pan

whisk

Directions

Prepare pasta and peas according to package directions.

Cook prosciutto, pancetta, or bacon in a lightly greased skillet until crisp.

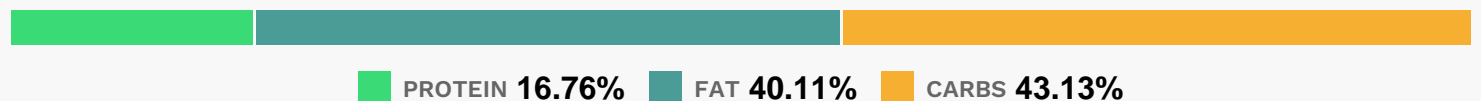
Meanwhile, melt butter in a large saucepan over medium heat. Gradually whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually whisk in milk and next 3 ingredients; cook, whisking constantly, 8 to 10 minutes or until thickened.

Remove from heat.

Gradually stir in Cheddar cheese, stirring until cheese is melted and sauce is smooth. Stir in hot cooked pasta, peas, and prosciutto.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.83, Glycemic Load:42.12, Inflammation Score:-9, Nutrition Score:35.499129751454%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1042.49kcal (52.12%), Fat: 46.3g (71.23%), Saturated Fat: 25.03g (156.44%), Carbohydrates: 112.02g (37.34%), Net Carbohydrates: 103.29g (37.56%), Sugar: 15.59g (17.32%), Cholesterol: 122.53mg (40.84%), Sodium: 1019.89mg (44.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.52g (87.05%), Selenium: 102.62µg (146.6%), Phosphorus: 799.49mg (79.95%), Manganese: 1.48mg (73.77%), Calcium: 728.88mg (72.89%), Vitamin B2:

0.82mg (48.35%), Vitamin C: 34.41mg (41.71%), Zinc: 6.2mg (41.36%), Vitamin A: 1923.03IU (38.46%), Fiber: 8.73g (34.92%), Vitamin B1: 0.51mg (33.89%), Magnesium: 127.5mg (31.88%), Folate: 112.85µg (28.21%), Vitamin B12: 1.63µg (27.13%), Copper: 0.53mg (26.4%), Vitamin B3: 4.93mg (24.63%), Vitamin K: 24.32µg (23.16%), Vitamin B6: 0.46mg (22.79%), Potassium: 765mg (21.86%), Iron: 3.31mg (18.38%), Vitamin B5: 1.52mg (15.24%), Vitamin E: 1.24mg (8.29%), Vitamin D: 0.48µg (3.21%)