



Penne with Ham and Asparagus

READY IN



45 min.

SERVINGS



4

CALORIES



602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus fresh cut into 2-inch pieces
- ☐ 0.3 pound deli honey ham loosely packed sliced cut into thin strips (1 cup)
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 tablespoons olive oil
- ☐ 1 cup parmesan grated
- ☐ 4 oz peas frozen
- ☐ 0.5 pound penne pasta
- ☐ 4 servings salt and pepper
- ☐ 2 to 3 sized squashes yellow cut into 1 1/2-inch pieces (12 oz.)

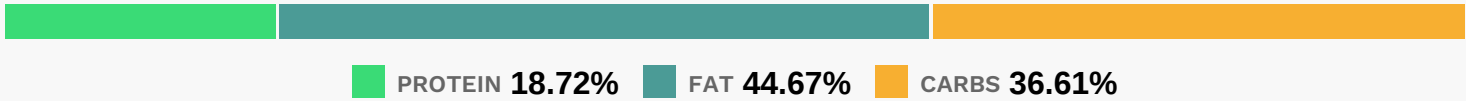
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 450F.
- ☐ Combine asparagus and squash in a large baking dish.
- ☐ Add oil and season well with salt and pepper. Toss to coat vegetables. Roast, stirring vegetables occasionally, until lightly browned and softened, about 30 minutes.
- ☐ Cook penne according to package directions.
- ☐ Add peas to pasta cooking water about 5 minutes before pasta will be done.
- ☐ Drain pasta and peas in a colander.
- ☐ Return pasta and peas to pot. Stir in ham and cream. Cover pot and set aside until pasta has absorbed some cream and ham is warmed through, about 2 minutes.
- ☐ Stir in roasted asparagus and squash. Season with salt and pepper and serve with Parmesan.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:19.68, Inflammation Score:-9, Nutrition Score:30.072608657505%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 601.6kcal (30.08%), Fat: 30.23g (46.51%), Saturated Fat: 13.87g (86.7%), Carbohydrates: 55.75g (18.58%), Net Carbohydrates: 48.86g (17.77%), Sugar: 8.48g (9.42%), Cholesterol: 68.19mg (22.73%), Sodium: 948.02mg (41.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.02%), Selenium: 52.1µg (74.43%), Vitamin K: 62.79µg (59.8%), Manganese: 1mg (49.83%), Phosphorus: 485.41mg (48.54%), Vitamin C: 34.53mg (41.85%), Vitamin A: 1902.74IU (38.05%), Calcium: 378.72mg (37.87%), Vitamin B1: 0.52mg (34.78%), Vitamin B2: 0.57mg (33.65%), Folate: 119.81µg (29.95%), Vitamin B6: 0.59mg (29.31%), Fiber: 6.89g (27.56%), Copper: 0.51mg (25.65%), Iron: 4.45mg (24.7%), Potassium: 813.89mg (23.25%), Zinc: 3.46mg (23.1%), Magnesium: 90.42mg (22.6%), Vitamin B3: 4.49mg (22.47%), Vitamin E: 2.94mg (19.58%), Vitamin B5: 1.06mg (10.55%), Vitamin B12: 0.53µg (8.82%), Vitamin D: 0.8µg (5.33%)