



Rotini and Cheese with Broccoli and Ham

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 10 ounce broccoli frozen chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 2 cups milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 cup ham chopped reduced-fat
- ☐ 6 ounces processed cheese light cubed (such as Velveeta)
- ☐ 2 cups rotini uncooked (8 ounces corkscrew pasta)

- ☐ 0.5 teaspoon salt
- ☐ 4 quarts water

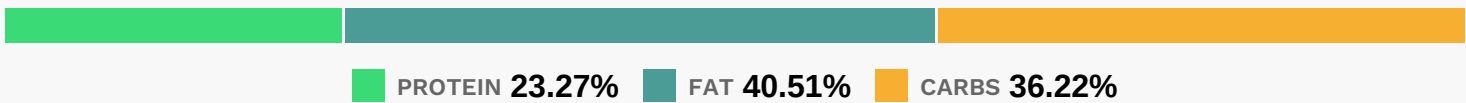
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ measuring cup

Directions

- ☐ Bring water to a boil in a large stockpot.
- ☐ Add pasta; cook 5 minutes.
- ☐ Add broccoli; cook an additional 5 minutes or until pasta is done; drain.
- ☐ While pasta cooks, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a medium saucepan; gradually add milk, stirring with a whisk until blended. Cook over medium heat 8 minutes or until mixture is thick, stirring frequently.
- ☐ Remove from heat; stir in cheese and next 4 ingredients (cheese through pepper).
- ☐ Combine pasta mixture, cheese sauce, and ham.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:11.12, Inflammation Score:-7, Nutrition Score:18.980869521265%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 300.51kcal (15.03%), Fat: 13.58g (20.89%), Saturated Fat: 6.68g (41.73%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 25.21g (9.17%), Sugar: 6.14g (6.83%), Cholesterol: 45.27mg (15.09%), Sodium: 1044.83mg (45.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.11%), Vitamin C: 42.15mg (51.1%), Vitamin K: 49.13µg (46.79%), Calcium: 453.44mg (45.34%), Selenium: 28.84µg (41.21%), Phosphorus: 396.1mg (39.61%), Vitamin B1: 0.29mg (19.1%), Vitamin B2: 0.32mg (18.78%), Manganese: 0.35mg (17.74%), Vitamin B12: 1.05µg (17.47%), Zinc: 2.21mg (14.71%), Vitamin A: 730.5IU (14.61%), Vitamin B6: 0.27mg (13.41%), Potassium: 445.16mg (12.72%), Magnesium: 50.63mg (12.66%), Folate: 47.69µg (11.92%), Copper: 0.23mg (11.33%), Vitamin B3: 2.12mg (10.6%), Vitamin B5: 0.9mg (8.99%), Fiber: 2.11g (8.45%), Vitamin D: 1.23µg (8.21%), Iron: 1.27mg (7.06%), Vitamin E: 0.71mg (4.75%)