



Spaghetti-Ham Pie

 Vegetarian

READY IN



33 min.

SERVINGS



6

CALORIES



175 kcal

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup mushrooms fresh sliced
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.8 cup low-salt ham chopped reduced-fat
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce evaporated skimmed milk canned
- ☐ 6 ounces pasta like spaghetti uncooked
- ☐ 4 ounces swiss cheese shredded divided reduced-fat finely

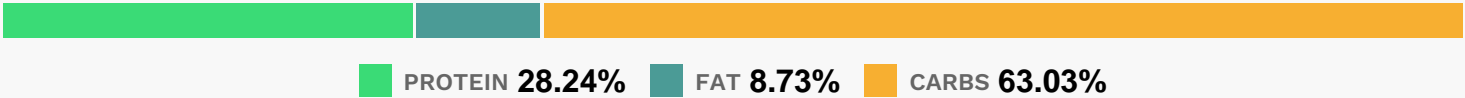
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain and set aside.
- ☐ Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add ham, mushrooms, and garlic; saute until mushrooms are tender. Stir in flour, salt, and pepper. Cook, stirring constantly, 1 minute.
- ☐ Add milk, and cook over medium heat, stirring constantly, until thickened.
- ☐ Combine ham mixture, pasta, and 1/2 cup cheese. Spoon into a 9-inch pieplate coated with cooking spray; sprinkle with remaining cheese.
- ☐ Bake, uncovered, at 425 for 15 minutes.
- ☐ Let stand 5 minutes. Slice into wedges.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:10.93, Inflammation Score:-3, Nutrition Score:8.7330434801786%

Nutrients (% of daily need)

Calories: 175.22kcal (8.76%), Fat: 1.68g (2.59%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 26.24g (9.54%), Sugar: 4.16g (4.62%), Cholesterol: 8.32mg (2.77%), Sodium: 169mg (7.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Selenium: 23.45µg (33.5%), Calcium: 265.03mg (26.5%), Phosphorus: 250.91mg (25.09%), Manganese: 0.29mg (14.7%), Vitamin B2: 0.23mg (13.48%), Vitamin B12: 0.68µg (11.34%), Zinc: 1.5mg (10.03%), Vitamin B3: 1.55mg (7.77%), Magnesium: 30.69mg (7.67%), Copper: 0.15mg (7.32%), Potassium: 246.67mg (7.05%), Vitamin B1: 0.09mg (6.06%), Vitamin B6: 0.11mg (5.4%), Vitamin B5: 0.52mg (5.17%), Vitamin D: 0.67µg (4.44%), Fiber: 1.11g (4.44%), Iron: 0.65mg (3.6%), Folate: 14µg (3.5%), Vitamin A: 144.64IU (2.89%)