



Spaghetti with Broccoli and Ham

READY IN



45 min.

SERVINGS



2

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup alfredo sauce light (such as Contadina)
- 0.1 teaspoon pepper black
- 1 cup broccoli florets
- 2.5 ounces ham diced low-sodium
- 2 teaspoons parmesan cheese grated
- 3 ounces pasta like spaghetti uncooked

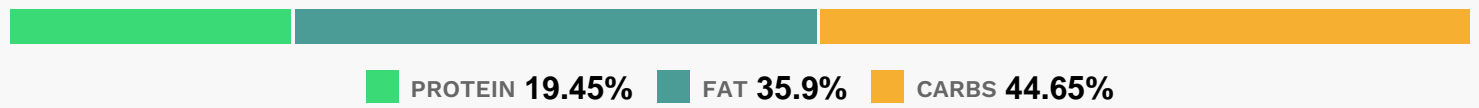
Equipment

- sauce pan

Directions

- Cook the spaghetti in boiling water 9 minutes, omitting salt and fat.
- Add broccoli; cook 1 minute.
- Drain well.
- Combine Alfredo sauce and ham in a small saucepan. Cook 2 minutes or until hot.
- Add spaghetti mixture and pepper, and cook until thoroughly heated.
- Sprinkle each serving with 1 teaspoon cheese.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:13.37, Inflammation Score:-5, Nutrition Score:12.031304526588%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 343.87kcal (17.19%), Fat: 13.63g (20.97%), Saturated Fat: 6.02g (37.62%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 35.57g (12.93%), Sugar: 3.54g (3.93%), Cholesterol: 63.94mg (21.31%), Sodium: 982.49mg (42.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.22%), Vitamin C: 40.59mg (49.2%), Vitamin K: 46.74µg (44.52%), Selenium: 29.74µg (42.49%), Manganese: 0.51mg (25.28%), Phosphorus: 141.85mg (14.18%), Fiber: 2.58g (10.3%), Folate: 36.64µg (9.16%), Magnesium: 34.03mg (8.51%), Calcium: 74.44mg (7.44%), Copper: 0.15mg (7.44%), Vitamin B6: 0.14mg (7.22%), Potassium: 249.34mg (7.12%), Zinc: 1mg (6.67%), Vitamin A: 326.78IU (6.54%), Iron: 1.15mg (6.37%), Vitamin B2: 0.1mg (5.65%), Vitamin B3: 1.02mg (5.09%), Vitamin B1: 0.07mg (4.8%), Vitamin B5: 0.46mg (4.62%), Vitamin E: 0.43mg (2.85%), Vitamin B12: 0.07µg (1.11%)