



Baked Mac and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 12 ounce carton cottage cheese 2% low-fat
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 3 tablespoons panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 12 ounces penne pasta) (tube-shaped uncooked
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded finely

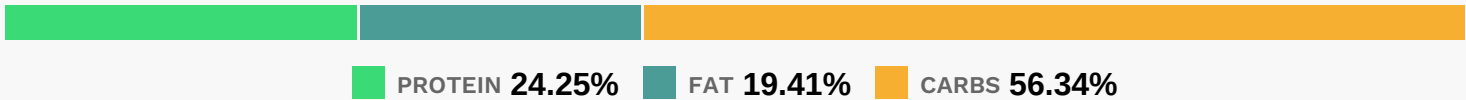
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 37
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; place in a large bowl.
- ☐ Place cottage cheese in a food processor; process until smooth.
- ☐ Combine cottage cheese, cheddar cheese, 1/4 cup Parmesan cheese, salt, and pepper.
- ☐ Add the cheese mixture to pasta, and stir well. Spoon mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Combine remaining 1/4 cup Parmesan, panko, and parsley in a small bowl.
- ☐ Sprinkle evenly over pasta mixture.
- ☐ Bake at 375 for 10 minutes.
- ☐ Preheat broiler (do not remove dish from the oven).
- ☐ Broil pasta 1 minute or until top browns.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:17.18, Inflammation Score:-4, Nutrition Score:12.068260905535%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 346.87kcal (17.34%), Fat: 7.36g (11.32%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 46.01g (16.73%), Sugar: 3.48g (3.87%), Cholesterol: 18.14mg (6.05%), Sodium: 677.56mg (29.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.38%), Selenium: 47µg (67.14%), Phosphorus: 300.7mg (30.07%), Manganese: 0.58mg (28.86%), Calcium: 235.56mg (23.56%), Vitamin B2: 0.22mg (13.03%), Zinc: 1.7mg (11.35%), Vitamin K: 11.83µg (11.27%), Magnesium: 42.15mg (10.54%), Copper: 0.2mg (10.02%), Vitamin B12: 0.59µg (9.8%), Fiber: 2.07g (8.29%), Vitamin B1: 0.12mg (7.89%), Vitamin B6: 0.14mg (7.05%), Vitamin B3: 1.41mg (7.04%), Iron: 1.2mg (6.65%), Folate: 26.03µg (6.51%), Potassium: 205.26mg (5.86%), Vitamin A: 248.13IU (4.96%), Vitamin B5: 0.48mg (4.79%), Vitamin E: 0.17mg (1.13%), Vitamin C: 0.89mg (1.07%)