



Baked Mexican Macaroni and Cheese

READY IN



50 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz penne pasta uncooked
- 2 tablespoons butter
- 0.3 cup onion chopped
- 1 teaspoon ground mustard
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 1 clove garlic finely chopped
- 2 tablespoons flour all-purpose
- 2 cups yogurt plain fat free yoplait® (from 2-lb container)

- 4 oz processed cheese food light cut into 1/2-inch cubes (from deli)
- 4 oz crema mexicana shredded reduced-fat
- 0.3 cup breadcrumbs plain

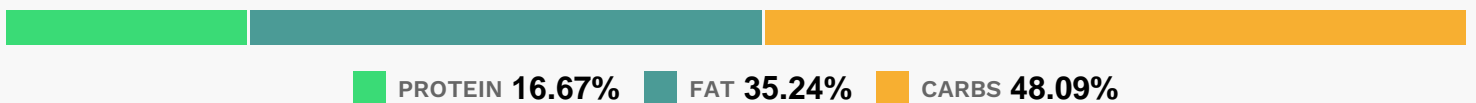
Equipment

- sauce pan
- oven

Directions

- Heat oven to 375°F. Cook and drain pasta as directed on package; set aside.
- In 3-quart saucepan, melt butter over medium heat.
- Add onion, mustard, salt, pepper and garlic; cook 5 to 7 minutes, stirring occasionally, until onion is tender. Stir in flour. Cook over medium-low heat, stirring constantly, until mixture is bubbly.
- Remove from heat.
- Stir in yogurt, stirring constantly. Gently stir in cheeses; stir in pasta.
- Pour into ungreased 2-quart casserole.
- Sprinkle with bread crumbs.
- Bake uncovered about 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:13.1, Inflammation Score:-5, Nutrition Score:12.282608597175%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 355.37kcal (17.77%), Fat: 13.83g (21.28%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 40.82g (14.84%), Sugar: 8.9g (9.88%), Cholesterol: 30.55mg (10.18%), Sodium: 633.32mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.45%), Selenium: 33.43µg (47.76%), Calcium: 411.78mg (41.18%), Phosphorus: 337.53mg (33.75%), Manganese: 0.45mg (22.38%), Vitamin B2: 0.29mg (17.27%), Vitamin B12: 0.8µg (13.37%), Zinc: 1.92mg (12.78%), Magnesium: 45.19mg (11.3%), Potassium: 345.72mg (9.88%), Vitamin B1: 0.15mg (9.76%), Vitamin A: 436.8IU (8.74%), Vitamin B5: 0.82mg (8.17%), Copper: 0.15mg (7.61%), Folate: 29.38µg (7.35%), Fiber: 1.65g (6.62%), Vitamin B6: 0.13mg (6.49%), Vitamin B3: 1.23mg (6.16%), Iron: 1.08mg (5.97%), Vitamin E: 0.36mg (2.41%), Vitamin C: 1.42mg (1.72%), Vitamin K: 1.12µg (1.07%)