



Baked Mexican Macaroni and Cheese

READY IN



50 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- 4 oz processed cheese food light cut into 1/2-inch cubes (from deli)
- 0.3 teaspoon salt
- 4 oz cheddar cheese shredded reduced-fat

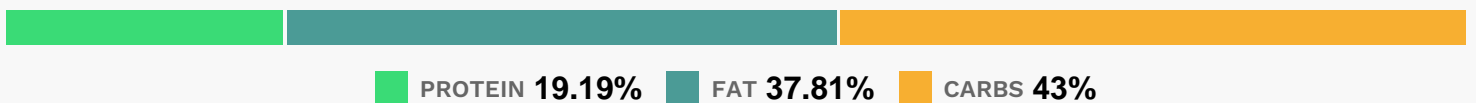
Equipment

- sauce pan
- oven

Directions

- Heat oven to 375F. 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:14.016956510751%

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: 389.39kcal (19.47%), Fat: 16.26g (25.02%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 39.97g (14.53%), Sugar: 8.54g (9.49%), Cholesterol: 38.49mg (12.83%), Sodium: 669.98mg (29.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.15%), Selenium: 36.26µg (51.81%), Calcium: 506.08mg (50.61%), Phosphorus: 420.31mg (42.03%), Manganese: 0.45mg (22.58%), Vitamin B2: 0.35mg (20.8%), Vitamin B12: 1.03µg (17.24%), Zinc: 2.49mg (16.57%), Magnesium: 49.91mg (12.48%), Potassium: 361.78mg (10.34%), Vitamin B1: 0.15mg (10.05%), Vitamin A: 476.3IU (9.53%), Vitamin B5: 0.86mg (8.64%), Folate: 31.84µg (7.96%), Copper: 0.16mg (7.84%), Vitamin B6: 0.14mg (7.07%), Fiber: 1.65g (6.62%), Iron: 1.19mg (6.59%), Vitamin B3: 1.25mg (6.27%), Vitamin E: 0.41mg (2.73%), Vitamin C: 1.42mg (1.72%), Vitamin K: 1.59µg (1.52%), Vitamin D: 0.21µg (1.39%)