



Baked Shells with Three Cheeses

READY IN



48 min.

SERVINGS



6

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 ounce asiago cheese shredded divided
- 0.3 cup breadcrumbs fresh
- 1.5 teaspoons butter
- 2 tablespoons flour all-purpose
- 3 ounces havarti cheese light shredded
- 2.5 cups milk 1% low-fat
- 0.3 teaspoon pepper
- 4 ounces processed cheese light cubed (such as Velveeta)
- 0.5 teaspoon salt

3 cups sea shell pasta uncooked

Equipment

sauce pan

oven

whisk

dutch oven

Directions

Cook pasta in a Dutch oven according to package directions, omitting salt and fat.

Preheat oven to 37

Combine breadcrumbs and 1 tablespoon Asiago cheese. Set aside.

Gradually whisk milk into flour in a medium saucepan until smooth; add butter, salt, and pepper. Bring to a boil over medium heat, whisking constantly.

Add processed cheese, whisking until cheese melts.

Remove from heat.

Stir cheese sauce, Havarti cheese, and 3 tablespoons Asiago cheese into pasta until blended.

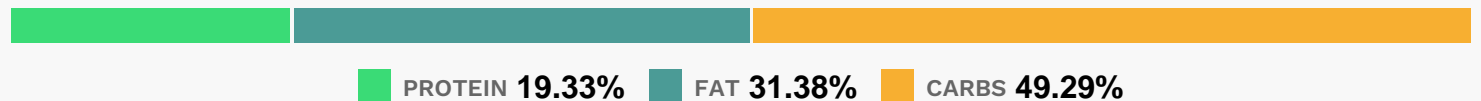
Pour into a 2-quart oval casserole coated with cooking spray.

Sprinkle with breadcrumb mixture.

Bake at 375 for 30 minutes or until bubbly and golden.

Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:16.63, Inflammation Score:-5, Nutrition Score:15.153043502051%

Nutrients (% of daily need)

Calories: 406.77kcal (20.34%), Fat: 14.08g (21.65%), Saturated Fat: 8.06g (50.36%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 47.78g (17.38%), Sugar: 7.06g (7.84%), Cholesterol: 42.19mg (14.06%), Sodium: 785.69mg (34.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.51g (39.02%), Selenium: 42.13µg (60.18%), Calcium: 486.03mg (48.6%), Phosphorus: 437.88mg (43.79%), Manganese: 0.56mg (28.09%), Vitamin B12: 1.16µg (19.31%), Vitamin B2: 0.31mg (18.32%), Zinc: 2.4mg (16.02%), Magnesium: 52.41mg (13.1%), Vitamin B1: 0.19mg (12.71%), Vitamin A: 552.34IU (11.05%), Copper: 0.19mg (9.4%), Potassium: 322.54mg (9.22%), Vitamin D: 1.26µg (8.38%), Vitamin B6: 0.17mg (8.3%), Folate: 32.36µg (8.09%), Fiber: 1.96g (7.83%), Vitamin B3: 1.55mg (7.75%), Vitamin B5: 0.76mg (7.63%), Iron: 1.25mg (6.92%), Vitamin E: 0.37mg (2.46%), Vitamin K: 1.35µg (1.28%)