



Baked Two-Cheese Penne with Roasted Pepper Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup fontina shredded
- ☐ 0.3 cup gouda cheese smoked shredded
- ☐ 0.5 cup milk 1% low-fat
- ☐ 2 tablespoons butter fat-free
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 tablespoon greek yogurt plain low-fat

- ☐ 0.5 cup roasted peppers red
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces penne pasta dried whole wheat

Equipment


- ☐ food processor
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Heat oven to 35
- ☐ Coat an 8-inch square baking dish with cooking spray; set aside.
- ☐ Bring a large pot of water to a boil over high heat; add noodles, and cook 7 minutes or until al dente.
- ☐ Drain and set aside.
- ☐ Reduce heat to medium; add margarine, and cook until margarine melts.
- ☐ Add flour, salt, and pepper; cook 1 to 2 minutes until flour begin to brown. Stir in milk, 1/2 cup at a time, whisking well to ensure a smooth sauce. Stir in cheeses; whisk until completely melted. Stir in cooked noodles.
- ☐ Transfer mixture to prepared baking dish.
- ☐ Top noodles with breadcrumbs; bake at 350 for 20 minutes or until top begins to brown and cheese is bubbly.
- ☐ While noodles bake, place roasted bell pepper and yogurt in a blender or food processor; process until smooth.
- ☐ Drizzle over squares of baked noodles and serve.

Nutrition Facts



 PROTEIN **17.43%**  FAT **38.23%**  CARBS **44.34%**

Properties

Glycemic Index:40.25, Glycemic Load:2.24, Inflammation Score:-5, Nutrition Score:7.604347674743%

Nutrients (% of daily need)

Calories: 403.43kcal (20.17%), Fat: 16.82g (25.88%), Saturated Fat: 7.28g (45.53%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 39.31g (14.29%), Sugar: 3.6g (4%), Cholesterol: 37.66mg (12.55%), Sodium: 889.78mg (38.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.51%), Calcium: 253.02mg (25.3%), Phosphorus: 188.86mg (18.89%), Fiber: 4.59g (18.38%), Vitamin A: 633.94IU (12.68%), Vitamin B12: 0.73µg (12.19%), Selenium: 7.8µg (11.15%), Vitamin B2: 0.18mg (10.39%), Vitamin C: 8.15mg (9.88%), Zinc: 1.42mg (9.44%), Vitamin B1: 0.1mg (6.43%), Manganese: 0.11mg (5.49%), Folate: 18.71µg (4.68%), Vitamin B6: 0.08mg (4.2%), Magnesium: 15.34mg (3.84%), Potassium: 122.22mg (3.49%), Vitamin D: 0.5µg (3.32%), Iron: 0.59mg (3.25%), Vitamin B3: 0.64mg (3.22%), Vitamin B5: 0.29mg (2.91%), Copper: 0.05mg (2.5%), Vitamin E: 0.31mg (2.07%), Vitamin K: 1.26µg (1.2%)