

BLT-rific Mac 'n Cheese

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices cheddar cheese fat-free
- 1.5 cups high-fiber penne pasta whole-wheat dry uncooked
- 4 servings salt and pepper black
- 2 tablespoons cup heavy whipping cream fat-free sour
- 3 cups pkt spinach fresh chopped
- 4 wedges spreadable swiss cheese light (recommended: The Laughing Cow)
- 3 slices center-cut bacon
- 1 large tomatoes seeded chopped

- 2 large summer squash yellow

Equipment

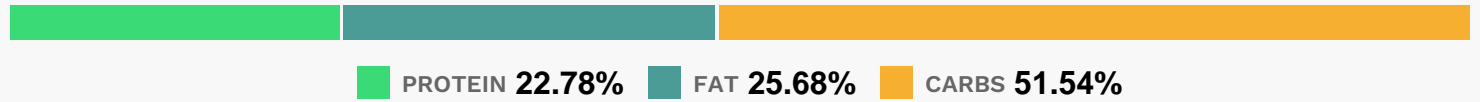
- bowl
- frying pan
- pot
- stove
- microwave

Directions

- Bring a skillet sprayed with nonstick spray to medium heat on the stove.
- Add bacon and cook until crispy, about 4 minutes per side. Once cool enough to handle, crumble or chop and set aside.
- In a large pot, prepare pasta al dente (firm) according to the instructions on the package.
- Drain well, return to the pot, and cover to keep warm.
- While water comes to a boil and while pasta cooks, cut squash into pieces similar to the size of penne, about 2 inches long and 1/2 inch thick.
- Spray a large skillet (with a lid) with nonstick spray, and bring to medium heat on the stove.
- Add squash, cover, and cook for 5 minutes, occasionally uncovering to stir.
- Add spinach and tomato to the skillet, re-cover, and continue to cook for about 1 minute.
- Remove cover and continue to cook, stirring occasionally, until spinach has wilted, tomatoes are soft, and excess liquid has cooked off, about 3 minutes. If needed, drain any excess liquid. Set aside.
- Place cheese wedges in a microwave-safe bowl and stir to break them up.
- Add sour cream and cheese slices, breaking cheese slices into pieces as you add them. Microwave for 30 seconds, and then stir thoroughly. Microwave for another 30 seconds, or until cheeses have fully melted.
- Mix until smooth.
- Add cheese mixture and cooked veggies to the pasta. Toss to coat. Top with bacon. If needed, bring to desired temperature on the stove. If you like, season with salt and pepper, to taste.

Serve it up!

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:14.46, Inflammation Score:-10, Nutrition Score:26.817825930274%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 322.62kcal (16.13%), Fat: 9.39g (14.45%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 38.24g (13.91%), Sugar: 7.04g (7.82%), Cholesterol: 27.8mg (9.27%), Sodium: 659.88mg (28.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.49%), Vitamin K: 118.42µg (112.78%), Vitamin A: 3122.27IU (62.45%), Selenium: 37.52µg (53.6%), Vitamin C: 40.01mg (48.5%), Manganese: 0.92mg (46.23%), Phosphorus: 412.91mg (41.29%), Calcium: 292.12mg (29.21%), Folate: 110.87µg (27.72%), Vitamin B6: 0.55mg (27.42%), Vitamin B2: 0.44mg (26%), Potassium: 842.16mg (24.06%), Magnesium: 85.63mg (21.41%), Zinc: 2.71mg (18.07%), Fiber: 4.17g (16.67%), Copper: 0.29mg (14.36%), Iron: 2.12mg (11.78%), Vitamin B3: 2.34mg (11.72%), Vitamin B12: 0.69µg (11.45%), Vitamin B1: 0.17mg (11.12%), Vitamin E: 1.18mg (7.87%), Vitamin B5: 0.56mg (5.6%)