



Cavatappi with Tomatoes

READY IN



45 min.

SERVINGS



8

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices bacon finely chopped
- 0.5 teaspoon pepper black freshly ground
- 3 ounces cheese blue crumbled
- 1 tablespoon butter melted
- 1 pound pasta
- 4 cups skim milk fat-free divided
- 6 tablespoons flour all-purpose
- 6 ounces fontina shredded finely
- 0.3 cup chives fresh chopped

- 1 teaspoon thyme sprigs fresh chopped
- 2 cloves garlic fresh minced
- 2 pints grape tomatoes halved
- 1 cup onion finely chopped
- 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- 2.3 teaspoons salt divided

Equipment

- frying pan
- sauce pan
- oven
- ramekin
- broiler

Directions

- Preheat oven to 25
- Combine first 3 ingredients on a lightly sprayed jelly-roll pan.
- Bake at 250 for 3 hours. Preheat broiler.
- Bring 6 quarts water to a boil.
- Add 2 teaspoons salt and pasta; cook 8 minutes or until al dente.
- Drain.
- Cook bacon in a saucepan; remove. Cook onion in drippings 4 minutes.
- Add flour and garlic; cook 1 minute. Stir in 1 cup milk. Gradually add 3 cups milk; bring to a boil. Cook 1 minute, stirring constantly.
- Remove from heat; let stand 4 minutes. Stir in cheeses.
- Add 1/4 teaspoon salt, bacon, tomatoes, and chives.
- Add pasta. Divide among 8 (10-ounce) lightly sprayed ramekins.
- Combine panko and butter; sprinkle over pasta. Broil 5 minutes.

Nutrition Facts

PROTEIN 18.66% FAT 27.08% CARBS 54.26%

Properties

Glycemic Index:58.91, Glycemic Load:24, Inflammation Score:-9, Nutrition Score:22.245217572088%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 503.99kcal (25.2%), Fat: 15.15g (23.31%), Saturated Fat: 8.11g (50.68%), Carbohydrates: 68.28g (22.76%), Net Carbohydrates: 63.94g (23.25%), Sugar: 12.79g (14.21%), Cholesterol: 43.7mg (14.57%), Sodium: 1137.07mg (49.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.96%), Selenium: 49µg (70%), Manganese: 0.87mg (43.48%), Phosphorus: 422.45mg (42.24%), Calcium: 389.72mg (38.97%), Vitamin A: 1623.74IU (32.47%), Vitamin B1: 0.35mg (23.41%), Vitamin C: 19.05mg (23.09%), Vitamin B2: 0.39mg (22.84%), Vitamin B12: 1.27µg (21.12%), Potassium: 730.8mg (20.88%), Zinc: 2.91mg (19.37%), Magnesium: 73.3mg (18.32%), Vitamin B6: 0.35mg (17.43%), Fiber: 4.35g (17.38%), Vitamin B3: 3.29mg (16.47%), Folate: 63.16µg (15.79%), Copper: 0.3mg (15.02%), Vitamin K: 14.05µg (13.38%), Vitamin B5: 1.22mg (12.17%), Iron: 2.1mg (11.68%), Vitamin D: 1.55µg (10.33%), Vitamin E: 0.87mg (5.8%)