



Cheeseboard pasta bake

READY IN



60 min.

SERVINGS



4

CALORIES



1181 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 500 g rigatoni
- ☐ 850 ml milk
- ☐ 50 g butter
- ☐ 50 g flour plain
- ☐ 0.3 tsp half a nutmeg
- ☐ 85 g mature cheddar hard
- ☐ 85 g garlic and herb cheese such as boursin
- ☐ 200 g ham cooked chopped
- ☐ 85 g nut mixed such as cashews, blanched almonds, and hazelnuts, roughly chopped

- ☐ 1 handful parsley roughly chopped
- ☐ 85 g dolcelatte blue

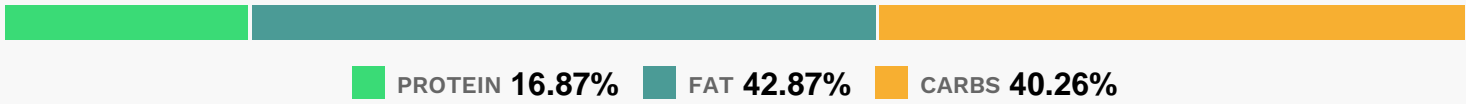
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ To cook the pasta, bring a large pan of water to the boil, add a generous measure of salt and tip in the pasta. Stir once and return to the boil, then boil rapidly for 12 minutes. Preheat the oven to 190C/gas 5/fan 170C.
- ☐ To make the sauce, pour the milk into a pan and add the butter, flour and plenty of seasoning. Grate in the half nutmeg (or sprinkle in the ready ground). Bring to the boil over a medium heat, whisking all the time until it makes a smooth, creamy sauce.
- ☐ Drain the pasta and tip it into the sauce. Taste and add extra seasoning if necessary. Stir in the ham and grate in the cheddar, then tip into a shallow ovenproof dish. Dice the remaining cheeses and swirl into the pasta to make cheesy pockets.
- ☐ Mix the nuts and parsley together, then scatter over the pasta.
- ☐ Bake in the oven for 30 minutes until the nuts are golden and crunchy and everything is piping hot.

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:48.63, Inflammation Score:-9, Nutrition Score:38.117391088735%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 1180.97kcal (59.05%), Fat: 56.3g (86.62%), Saturated Fat: 26.51g (165.68%), Carbohydrates: 118.96g (39.65%), Net Carbohydrates: 112.46g (40.89%), Sugar: 15.86g (17.62%), Cholesterol: 148.84mg (49.61%), Sodium: 1268.77mg (55.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.85g (99.71%), Selenium: 107.2µg (153.15%), Phosphorus: 902.75mg (90.27%), Manganese: 1.66mg (83.17%), Calcium: 632.55mg (63.26%), Vitamin B2: 0.89mg (52.32%), Magnesium: 174.38mg (43.59%), Vitamin B1: 0.65mg (43.55%), Vitamin B12: 2.39µg (39.9%), Zinc: 5.86mg (39.1%), Vitamin E: 5.81mg (38.74%), Copper: 0.68mg (33.75%), Vitamin B3: 5.86mg (29.31%), Potassium: 981.18mg (28.03%), Vitamin A: 1348.07IU (26.96%), Vitamin B6: 0.52mg (26.03%), Fiber: 6.5g (26.01%), Vitamin B5: 2.39mg (23.87%), Iron: 3.5mg (19.42%), Vitamin K: 19.11µg (18.2%), Folate: 71.4µg (17.85%), Vitamin D: 2.64µg (17.63%), Vitamin C: 12.98mg (15.74%)