



Cheesy Baked Cavatappi with Onions and Peppers

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 4 cups pasta uncooked
- 2 tablespoons breadcrumbs dry
- 0.3 cup flour all-purpose
- 1 Dash nutmeg
- 1 Dash ground pepper red
- 1 cup gruyere cheese shredded

- 2.5 cups milk 1% low-fat
- 1 teaspoon olive oil
- 1.5 cups onion chopped
- 2.5 cups bell pepper red chopped (2 large peppers)
- 0.8 teaspoon salt
- 1 cup cheddar cheese shredded white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan

Directions

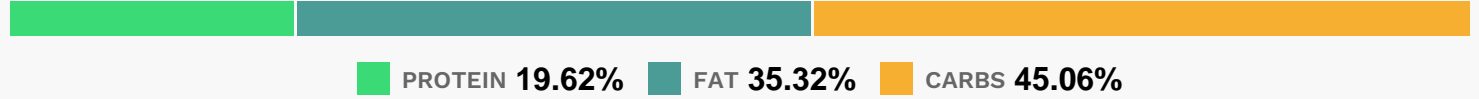
- Preheat oven to 35
- Heat oil in a large saucepan over medium-high heat.
- Add onion; saut 3 minutes or until crisp-tender.
- Add bell pepper; saut 3 minutes.
- Remove mixture from pan; set aside.
- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Combine milk and flour in a medium bowl, stirring with a whisk. Melt butter in saucepan over medium-high heat; add milk mixture, stirring with a whisk. Cook 3 minutes or until slightly thick, stirring constantly.
- Remove from heat; gradually add cheeses, stirring with a whisk until cheeses melt. Stir in salt, black pepper, nutmeg, and ground red pepper.
- Add onion mixture and pasta, stirring well to combine. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.

Sprinkle breadcrumbs evenly over pasta mixture.

Bake at 350 for 35 minutes or until bubbly.

Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:48.38, Glycemic Load:12.49, Inflammation Score:-9, Nutrition Score:17.834782361984%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 328.98kcal (16.45%), Fat: 12.94g (19.9%), Saturated Fat: 6.99g (43.71%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 34.42g (12.52%), Sugar: 8g (8.88%), Cholesterol: 37.98mg (12.66%), Sodium: 486.28mg (21.14%), Alcohol: 0g (100%), Protein: 16.16g (32.33%), Vitamin C: 61.83mg (74.95%), Selenium: 29.07µg (41.52%), Vitamin A: 1930.07IU (38.6%), Calcium: 381.95mg (38.19%), Phosphorus: 326.96mg (32.7%), Manganese: 0.43mg (21.72%), Vitamin B2: 0.31mg (18.07%), Vitamin B12: 0.87µg (14.57%), Vitamin B6: 0.29mg (14.35%), Zinc: 2.14mg (14.25%), Folate: 48.58µg (12.15%), Vitamin B1: 0.18mg (11.83%), Magnesium: 45.4mg (11.35%), Fiber: 2.71g (10.84%), Potassium: 361.33mg (10.32%), Vitamin B5: 0.76mg (7.64%), Vitamin B3: 1.51mg (7.55%), Vitamin E: 1.04mg (6.96%), Vitamin D: 1µg (6.63%), Copper: 0.13mg (6.57%), Iron: 1.02mg (5.68%), Vitamin K: 3.95µg (3.76%)