



Cheesy Penne



Vegetarian

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READY IN

ready

22 min.

SERVINGS

servings

4

CALORIES

calories

707 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces aged cheddar white english grated
- ☐ 2 teaspoons dijon mustard
- ☐ 0.8 cup heavy cream
- ☐ 4 servings kosher salt
- ☐ 0.5 cup milk
- ☐ 4 cups penne pasta fresh
- ☐ 4 servings ground peppercorns fresh black finely

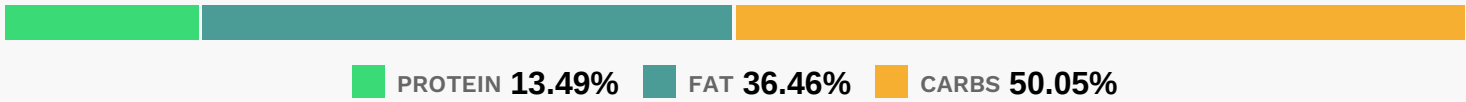
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large saucepan of salted water to a boil over high heat.
- ☐ Add pasta, cook until al dente, and drain. Return pasta to the saucepan.
- ☐ Whisk milk with Dijon in small bowl and add to the pot with cooked pasta, along with cream and grated Cheddar. Stir over medium-low heat until the cheese melts and the mixture is nice and thick. Season with salt and freshly ground pepper and serve. Happy indulging!

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:34.63, Inflammation Score:-7, Nutrition Score:18.796956501577%

Nutrients (% of daily need)

Calories: 707.1kcal (35.36%), Fat: 28.54g (43.91%), Saturated Fat: 16.61g (103.79%), Carbohydrates: 88.16g (29.39%), Net Carbohydrates: 84.2g (30.62%), Sugar: 5.91g (6.57%), Cholesterol: 82.44mg (27.48%), Sodium: 437.28mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.51%), Selenium: 81.94µg (117.06%), Manganese: 1.17mg (58.73%), Phosphorus: 403.43mg (40.34%), Calcium: 297.15mg (29.71%), Vitamin A: 996.7IU (19.93%), Zinc: 2.89mg (19.25%), Magnesium: 76.98mg (19.24%), Vitamin B2: 0.32mg (18.94%), Copper: 0.35mg (17.75%), Fiber: 3.96g (15.84%), Vitamin B6: 0.22mg (10.91%), Potassium: 377.93mg (10.8%), Vitamin B3: 2.01mg (10.07%), Vitamin B1: 0.14mg (9.42%), Iron: 1.69mg (9.39%), Vitamin B12: 0.54µg (8.94%), Vitamin B5: 0.85mg (8.51%), Vitamin D: 1.22µg (8.13%), Folate: 28.33µg (7.08%), Vitamin E: 0.78mg (5.21%), Vitamin K: 3.99µg (3.8%)