



Classic Smoked Sausage Mac and Cheese

READY IN



75 min.

SERVINGS



10

CALORIES



760 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups alfredo sauce prepared
- 0.3 cup butter melted
- 1 pound cavatappi pasta uncooked (corkscrew)
- 3 cups pasteurized cheese product cubed prepared
- 0.5 teaspoon ground pepper black
- 3 cups half and half
- 1 cup onions chopped
- 1 cup panko bread crumbs
- 2 cups sharp cheddar cheese shredded

14 ounce turkey dinner sausage smoked halved lengthwise cut into 1/4-inch-thick slices butterball®

Equipment

sauce pan

oven

baking pan

Directions

Preheat oven to 375 degrees F.

Cook pasta according to package directions; rinse and drain. Set aside.

Melt 1 tablespoon butter in large saucepan on medium heat. Cook and stir sausage and onions 3 to 5 minutes or until onions are tender. Stir in Alfredo sauce, and half and half. Bring to boiling, stirring constantly; reduce heat. Simmer 1 minute.

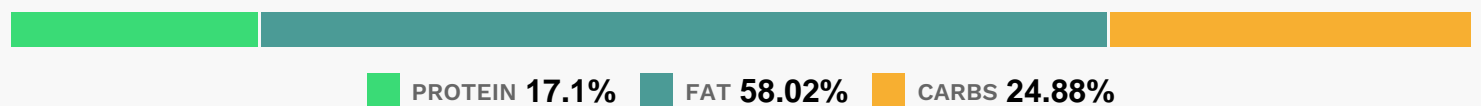
Remove saucepan from heat. Stir in cheese and black pepper until cheese is melted. Stir in pasta and sausage mixture.

Pour mixture into lightly sprayed 139-inch baking dish.

Sprinkle evenly with combined bread crumbs and 1/4 cup melted butter.

Bake 20 to 25 minutes or until crumbs are golden brown and pasta mixture is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:14.33, Inflammation Score:-7, Nutrition Score:18.666956538739%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 760.39kcal (38.02%), Fat: 48.59g (74.76%), Saturated Fat: 25.95g (162.22%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 44.87g (16.32%), Sugar: 6.64g (7.38%), Cholesterol: 172.68mg (57.56%), Sodium:

1232.99mg (53.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.45%), Selenium: 48.63µg (69.48%), Calcium: 510.67mg (51.07%), Phosphorus: 499.78mg (49.98%), Vitamin B2: 0.54mg (31.81%), Zinc: 4.33mg (28.87%), Manganese: 0.52mg (25.96%), Vitamin B12: 1.28µg (21.39%), Vitamin A: 995.59IU (19.91%), Vitamin B6: 0.34mg (16.88%), Vitamin B3: 3.13mg (15.63%), Magnesium: 58.56mg (14.64%), Vitamin B1: 0.18mg (11.69%), Vitamin B5: 1.1mg (11.04%), Potassium: 382.29mg (10.92%), Copper: 0.21mg (10.66%), Folate: 33.84µg (8.46%), Iron: 1.51mg (8.42%), Fiber: 2.02g (8.08%), Vitamin E: 0.85mg (5.65%), Vitamin C: 2.75mg (3.33%), Vitamin K: 3.37µg (3.21%), Vitamin D: 0.34µg (2.26%)