



Copia's Penne Pasta and Cheese Casserole

READY IN



60 min.

SERVINGS



12

CALORIES



664 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon
- 0.3 cup butter melted
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 6 cloves garlic finely chopped
- 0.3 teaspoon ground pepper black
- 4 cups heavy cream
- 1 cup monterrey jack cheese shredded

- 3 tablespoons olive oil
- 1 cup panko bread crumbs
- 16 ounce penne pasta
- 0.5 teaspoon salt
- 3 shallots finely chopped
- 2 cups sharp cheddar cheese shredded

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- pot
- baking pan
- colander

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- Drain well in a colander set in the sink.
- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate, and reserve the remaining bacon drippings in a small bowl. Crumble the bacon into a bowl, then mix in the panko bread crumbs, butter, and chopped parsley. Set aside.
- Heat the olive oil in a skillet over medium heat. Stir in the garlic and shallots; cook and stir until the shallots have softened and turned translucent, about 5 minutes. Stir in the bacon

drippings and flour. Cook and stir for 1 minute, then whisk in the heavy cream and thyme. Continue to cook and stir until reduced by 1/

- Add Monterey Jack cheese and Cheddar cheese, stirring until cheeses have melted. Season with salt and pepper. Stir in the penne pasta.
- Transfer the pasta mixture to a 9x13-inch baking dish.
- Sprinkle with the bread crumb mixture.
- Bake in the preheated oven until bread crumbs have browned and the sauce is bubbly, about 25 minutes.

Nutrition Facts

PROTEIN 9.8% **FAT 67.88%** **CARBS 22.32%**

Properties

Glycemic Index:32.5, Glycemic Load:12.59, Inflammation Score:-8, Nutrition Score:14.071739134581%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 664.2kcal (33.21%), Fat: 50.47g (77.64%), Saturated Fat: 28.21g (176.31%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 35.6g (12.94%), Sugar: 4.26g (4.74%), Cholesterol: 134.29mg (44.76%), Sodium: 441.58mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.77%), Selenium: 37.2µg (53.14%), Vitamin A: 1614.27IU (32.29%), Calcium: 281.62mg (28.16%), Phosphorus: 278.77mg (27.88%), Manganese: 0.46mg (22.94%), Vitamin B2: 0.33mg (19.58%), Vitamin K: 17.11µg (16.3%), Zinc: 1.97mg (13.1%), Vitamin E: 1.61mg (10.75%), Vitamin B1: 0.15mg (10.2%), Vitamin D: 1.48µg (9.89%), Magnesium: 39.42mg (9.85%), Vitamin B6: 0.18mg (8.97%), Vitamin B12: 0.49µg (8.09%), Vitamin B3: 1.6mg (7.99%), Copper: 0.16mg (7.94%), Potassium: 248.05mg (7.09%), Fiber: 1.76g (7.02%), Iron: 1.21mg (6.72%), Folate: 26.67µg (6.67%), Vitamin B5: 0.59mg (5.93%), Vitamin C: 2.6mg (3.15%)