



Divine Macaroni and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup breadcrumbs soft
- 2 tablespoons butter
- 16 ounces penne pasta cooked
- 8 ounce cream cheese softened
- 2 garlic cloves pressed
- 4 ounces gorgonzola cheese
- 0.3 teaspoon ground nutmeg
- 1 teaspoon ground pepper white
- 8 ounce mascarpone cheese

- 1.5 cups milk
- 1 cup parmesan cheese shredded divided
- 1 teaspoon salt

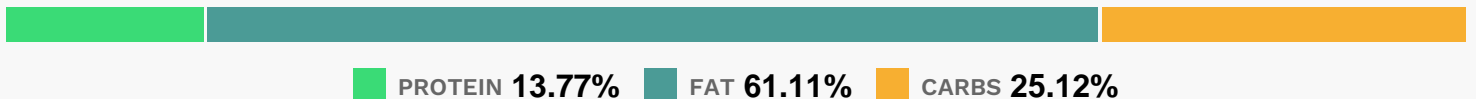
Equipment

- oven
- baking pan
- dutch oven

Directions

- Melt butter in a Dutch oven over medium heat; add garlic, and saut until tender.
- Add milk, and cook until thoroughly heated. Gradually stir in 1/2 cup Parmesan cheese and next 6 ingredients until smooth. Stir in spinach, if desired.
- Add pasta, tossing to coat; spoon into a lightly greased 13- x 9-inch baking dish.
- Bake at 400 for 7 minutes.
- Remove from oven; sprinkle with remaining 1/2 cup Parmesan cheese and breadcrumbs. Reduce oven temperature to 35
- Bake at 350 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:9.51, Inflammation Score:-7, Nutrition Score:11.706956557606%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 523.54kcal (26.18%), Fat: 35.36g (54.4%), Saturated Fat: 20.08g (125.52%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 30.98g (11.26%), Sugar: 4.62g (5.13%), Cholesterol: 81.6mg (27.2%), Sodium: 908.48mg (39.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.86%), Selenium: 26.66µg (38.09%), Calcium:

378.34mg (37.83%), Phosphorus: 275.83mg (27.58%), Vitamin A: 1182.85IU (23.66%), Vitamin B2: 0.29mg (17.19%), Manganese: 0.34mg (17.06%), Vitamin B1: 0.19mg (12.34%), Vitamin B12: 0.68µg (11.39%), Zinc: 1.55mg (10.32%), Iron: 1.61mg (8.94%), Magnesium: 33.45mg (8.36%), Vitamin B5: 0.78mg (7.79%), Vitamin B3: 1.38mg (6.91%), Fiber: 1.72g (6.89%), Folate: 27.07µg (6.77%), Vitamin B6: 0.13mg (6.64%), Potassium: 210.18mg (6.01%), Copper: 0.11mg (5.59%), Vitamin D: 0.64µg (4.24%), Vitamin E: 0.48mg (3.22%), Vitamin K: 2.19µg (2.08%)