



# Florentine Mac and Cheese and Roast Chicken Sausage Meatballs

READY IN



40 min.

SERVINGS



4

CALORIES



1264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings bell pepper black
- 0.8 cup bread crumbs plus more, if needed\*
- 3 tablespoons butter
- 1 pound cavatappi corkscrew shaped hallow pasta
- 1 cup chicken stock see
- 1 eggs
- 2 teaspoons fennel seeds
- 2 tablespoons flour all-purpose

- 2 sprigs rosemary fresh finely chopped
- 3 cloves garlic grated
- 1.5 pounds ground chicken
- 0.1 teaspoon nutmeg grated
- 3 tablespoons olive oil extra-virgin divided
- 1.5 cups parmigiano reggiano divided grated
- 1 teaspoon pepper flakes red crushed
- 1 cup ricotta cheese
- 4 servings salt
- 1 cup milk whole
- 2 boxes frozen chopped

## Equipment

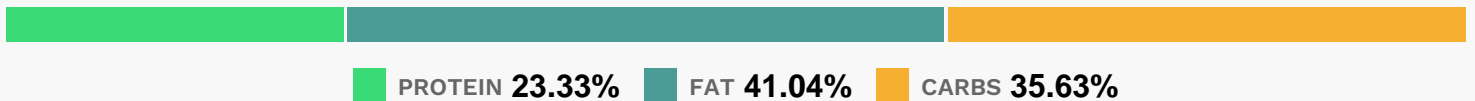
- baking sheet
- oven
- whisk
- mixing bowl
- pot
- microwave
- kitchen towels

## Directions

- Preheat oven to 450 degrees F.
- Place a large pot of water on to boil for pasta. When it comes to a boil, salt it and add the pasta to cook to al dente. Strain pasta reserving 1 cup cooking liquid.
- While the water is coming to a boil, in a large mixing bowl combine the chicken, salt and pepper, rosemary, fennel seeds, garlic, crushed red pepper flakes, ricotta cheese, 1/2 cup grated Parmigiano – a rounded handful, egg and bread crumbs. \*If the mixture seems too wet, add a handful of bread crumbs and mix together.

- Form 8 large round balls, about 3 to 4-inches. Coat balls in a couple of tablespoons of extra-virgin olive oil and lightly grease a baking sheet with 1 tablespoon extra-virgin olive oil. Arrange balls on the baking sheet and roast 17 to 18 minutes until juices run clear.
- Defrost spinach in microwave 8 to 10 minutes on "defrost" setting depending on the microwave.
- Place the boxes in a shallow dish to catch any run off.
- While the meatballs roast, in a medium sauce pot over medium heat, melt butter, whisk in flour, cook 1 minute then whisk in stock and milk, season with salt, pepper and nutmeg and thicken 5 to 6 minutes. Stir in the remaining 1 cup grated Parmigiano and reduce heat on lowest setting.
- Wring spinach completely dry in clean kitchen towel then separate as you add it to the sauce. Also add the reserved 1 cup pasta cooking liquid.
- Toss pasta with the spinach-white sauce and adjust seasonings.
- Serve Florentine Mac-n-Cheese with 2 meatballs per person along side.

## Nutrition Facts



### Properties

Glycemic Index:97.75, Glycemic Load:38.26, Inflammation Score:-8, Nutrition Score:40.713043783022%

### Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 1263.5kcal (63.18%), Fat: 57.33g (88.2%), Saturated Fat: 24.33g (152.06%), Carbohydrates: 111.97g (37.32%), Net Carbohydrates: 106.65g (38.78%), Sugar: 8.77g (9.74%), Cholesterol: 276.02mg (92.01%), Sodium: 1305.99mg (56.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.32g (146.64%), Selenium: 119.24µg (170.34%), Phosphorus: 1025.26mg (102.53%), Calcium: 748.76mg (74.88%), Vitamin B3: 14.31mg (71.53%), Manganese: 1.43mg (71.3%), Vitamin B6: 1.26mg (62.81%), Vitamin B2: 1.02mg (60.27%), Zinc: 6.75mg (44.97%), Potassium: 1495.76mg (42.74%), Vitamin B1: 0.61mg (40.41%), Magnesium: 145.79mg (36.45%), Vitamin B12: 2.13µg (35.49%), Vitamin B5: 3.2mg (32.04%), Copper: 0.59mg (29.33%), Iron: 5.28mg (29.33%), Vitamin A: 1201.7IU

(24.03%), Fiber: 5.32g (21.28%), Vitamin E: 2.88mg (19.21%), Folate: 70.24µg (17.56%), Vitamin K: 14.12µg (13.45%),  
Vitamin D: 1.2µg (8.02%), Vitamin C: 1.08mg (1.3%)