



Four-Cheese Spinach Macaroni

READY IN



45 min.

SERVINGS



8

CALORIES



643 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs soft
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 10 ounce pkt spinach frozen thawed drained chopped well
- ☐ 2 garlic cloves pressed
- ☐ 4 ounce gorgonzola cheese crumbled
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon ground pepper white

- ☐ 8 ounce mascarpone cheese
- ☐ 2 cups milk
- ☐ 4 ounces parmesan cheese shredded divided
- ☐ 12 ounces penne pasta
- ☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, and drain. Meanwhile, melt 2 tablespoons butter in a Dutch oven over medium heat; add garlic, and saut 1 minute.
- ☐ Add milk, and cook until thoroughly heated. Gradually stir in 1/2 cup Parmesan cheese and next 6 ingredients; whisk until smooth. Stir in spinach.
- ☐ Add cooked pasta, tossing to coat. Spoon into a lightly greased 13" x 9" baking dish.
- ☐ Combine breadcrumbs, remaining 1/2 cup Parmesan cheese, and 2 tablespoons melted butter in a small bowl.
- ☐ Sprinkle breadcrumb topping over macaroni.
- ☐ Bake, uncovered, at 375 for 20 minutes or until golden.
- ☐ Fresh Spinach Substitution: You can substitute a 10-ounce package of fresh spinach instead of using frozen spinach, if desired. Just wash the spinach, trim stems, and coarsely chop the leaves. Then wilt the leaves for 1 to 2 minutes in hot water in a pan.

Nutrition Facts



 PROTEIN **14.08%**  FAT **55.25%**  CARBS **30.67%**

Properties

Glycemic Index:32.63, Glycemic Load:14.56, Inflammation Score:-10, Nutrition Score:25.662173748016%

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: 642.88kcal (32.14%), Fat: 39.42g (60.64%), Saturated Fat: 21.26g (132.86%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 46.15g (16.78%), Sugar: 6.41g (7.12%), Cholesterol: 84.57mg (28.19%), Sodium: 1002.32mg (43.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.21%), Vitamin K: 134.13µg (127.74%), Vitamin A: 5501.16IU (110.02%), Selenium: 41.36µg (59.09%), Calcium: 468.65mg (46.87%), Manganese: 0.8mg (39.95%), Phosphorus: 368.51mg (36.85%), Vitamin B2: 0.41mg (24.33%), Folate: 82.29µg (20.57%), Magnesium: 75.03mg (18.76%), Vitamin B1: 0.25mg (16.99%), Zinc: 2.17mg (14.44%), Vitamin B12: 0.79µg (13.15%), Fiber: 3.09g (12.36%), Potassium: 428.56mg (12.24%), Vitamin B6: 0.24mg (11.87%), Iron: 2.12mg (11.77%), Copper: 0.23mg (11.48%), Vitamin E: 1.64mg (10.96%), Vitamin B3: 2.08mg (10.4%), Vitamin B5: 1mg (10%), Vitamin D: 0.81µg (5.42%), Vitamin C: 2.25mg (2.73%)