



## Herb-Topped Pasta Bake

READY IN



17 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter melted
- 1 tablespoon parsley dried
- 0.5 cup half-and-half
- 0.3 teaspoon onion powder
- 0.3 cup parmesan cheese grated
- 4 oz cheddar cheese shredded divided
- 12 oz velveeta shells & cheese dinner
- 4 slices bread white

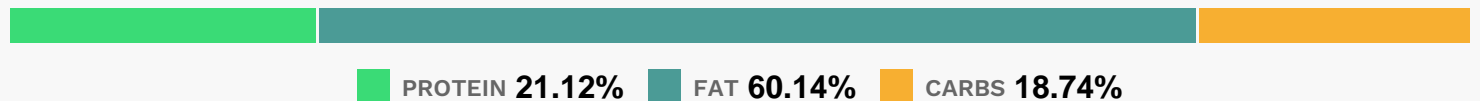
## Equipment

- food processor
- oven
- blender
- baking pan
- serrated knife

## Directions

- Cook shells and cheese dinner according to basic package directions.
- Stir half-and-half, 1/2 cup shredded cheese, and onion powder into shell macaroni mixture.
- Pour pasta mixture into an 8-inch square baking dish.
- Remove crusts from bread with a serrated knife. Process bread slices in a food processor or blender until finely ground. Toss together breadcrumbs, Parmesan cheese, melted butter, and parsley.
- Sprinkle shell macaroni with remaining 1/2 cup cheese and breadcrumb mixture.
- Bake at 400 for 15 minutes or until pasta mixture is thoroughly heated.
- Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.3, Glycemic Load:5.97, Inflammation Score:-6, Nutrition Score:12.243913082973%

## Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

## Nutrients (% of daily need)

Calories: 361.02kcal (18.05%), Fat: 24.21g (37.25%), Saturated Fat: 14.72g (92.01%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 16.49g (6%), Sugar: 6.64g (7.38%), Cholesterol: 73.73mg (24.58%), Sodium: 1249.95mg (54.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.26%), Phosphorus: 735.56mg (73.56%), Calcium: 559.04mg (55.9%), Vitamin B2: 0.56mg (32.74%), Vitamin A: 1096.58IU (21.93%), Zinc: 2.54mg (16.94%), Selenium: 11.47µg (16.39%), Potassium: 275.99mg (7.89%), Manganese: 0.14mg (6.9%), Vitamin B1: 0.1mg (6.58%), Folate: 24.26µg (6.07%), Vitamin K: 6.02µg (5.73%), Vitamin B12: 0.31µg (5.18%), Vitamin B3: 0.87mg (4.33%), Iron: 0.78mg (4.32%), Magnesium: 14.69mg (3.67%), Vitamin E: 0.5mg (3.33%), Vitamin B5: 0.25mg (2.54%), Vitamin B6: 0.05mg (2.29%), Fiber: 0.49g (1.94%), Copper: 0.03mg (1.67%)