

How to Make the Cheesiest Bowtie Mac and Cheese

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



4

CALORIES



780 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 package farfalle pasta
- 1 cup extra sharp cheddar cheese
- 1 cup extra sharp cheddar cheese white
- 1 tsp salt and pepper
- 0.3 cup cream sour
- 0.3 cup butter unsalted room temperature
- 4 servings parsley fresh for garnish

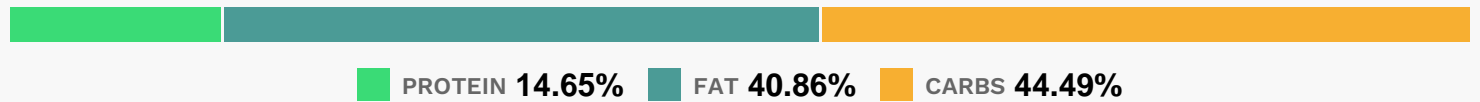
Equipment

- oven
- mixing bowl
- casserole dish

Directions

- Heat your oven to 350 degrees Fahrenheit, and then cook your pasta as directed.
- Drain.
- Shred the cheese.
- Add cooked noodles, cheese, sour cream, salt and pepper, and butter to a medium mixing bowl and stir until combined.
- Add to a 9 x 13 prepared casserole dish, top with extra cheese if desired, and bake for 20 minutes.
- Remove from oven and serve hot.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:34.18, Inflammation Score:-8, Nutrition Score:23.036086956522%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 74.08%, Saltiness: 40.31%, Sourness: 51.33%, Bitterness: 47.79%, Savoriness: 98.88%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 779.52kcal (38.98%), Fat: 35.24g (54.21%), Saturated Fat: 19.9g (124.4%), Carbohydrates: 86.31g (28.77%), Net Carbohydrates: 82.58g (30.03%), Sugar: 3.72g (4.14%), Cholesterol: 95.48mg (31.83%), Sodium: 965.89mg (42%), Protein: 28.42g (56.85%), Selenium: 87.77µg (125.38%), Vitamin K: 68.28µg (65.03%), Manganese: 1.05mg (52.37%), Phosphorus: 488.05mg (48.8%), Calcium: 446.88mg (44.69%), Vitamin A: 1347.19IU (26.94%), Zinc: 3.76mg (25.1%), Vitamin B2: 0.35mg (20.56%), Magnesium: 78.62mg (19.65%), Copper: 0.36mg (17.75%), Fiber: 3.73g (14.93%), Vitamin B12: 0.65µg (10.89%), Vitamin B6: 0.21mg (10.43%), Iron: 1.82mg (10.1%), Vitamin B3: 2.01mg (10.07%), Folate: 39.48µg (9.87%), Potassium: 338.03mg (9.66%), Vitamin B1: 0.12mg (8.31%), Vitamin B5: 0.8mg (7.98%), Vitamin C: 5.45mg (6.61%), Vitamin E: 0.96mg (6.41%), Vitamin D: 0.55µg (3.68%)