



Italian Mac-n-Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



1189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bulk sausage sweet italian
- 1 tablespoon butter
- 1 can canned tomatoes diced drained well
- 1 cup chicken stock see
- 3 cloves garlic chopped
- 12 crimini mushrooms sliced
- 2 tablespoons flour all-purpose
- 1 cup heavy cream
- 1 teaspoon hot sauce (recommended: Tabasco)

- 2 tablespoons olive oil extra-virgin
- 0.5 cup parmesan
- 4 servings salt and pepper
- 1 pound ziti rigate (ribbed, hollow corkscrews)
- 10 ounce sack shredded italian
- 10 ounce sack shredded italian

Equipment

- frying pan
- paper towels
- oven
- whisk
- pot
- baking pan
- broiler

Directions

- Bring a large pot of water to a boil. Salt water and cook pasta to a chewy al dente, about 8 minutes.
- In a nonstick skillet, brown and crumble the sausage.
- Drain cooked crumbles on paper towel lined plate. Return pan to heat and add extra-virgin olive oil, butter, garlic and mushrooms. Season liberally with salt and pepper.
- Saute 3 to 5 minutes, until mushrooms are lightly golden.
- Preheat broiler to high.
- To mushrooms, add flour and stir, cooking 2 minutes.
- Whisk in stock, then stir in cream. Bring cream to a bubble, then stir in 2 cups of 4 cheese blend. When cheese has melted into sauce, add tomatoes. When sauce comes to a bubble, remove from heat and adjust seasonings, adding hot sauce if desired.
- Combine cheese sauce with sausage and pasta, transfer to baking dish, casserole or oven safe serving platter.

Sprinkle remaining 1/2 cup of 4 cheese blend and the grated Parmesan over the top and brown under hot broiler.

Nutrition Facts



PROTEIN 14.55% **FAT 50.99%** **CARBS 34.46%**

Properties

Glycemic Index:72.5, Glycemic Load:38.53, Inflammation Score:-8, Nutrition Score:35.026087014571%

Flavonoids

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

Nutrients (% of daily need)

Calories: 1188.5kcal (59.43%), Fat: 67.46g (103.79%), Saturated Fat: 29.04g (181.5%), Carbohydrates: 102.58g (34.19%), Net Carbohydrates: 96.49g (35.09%), Sugar: 11.41g (12.68%), Cholesterol: 166.71mg (55.57%), Sodium: 1412.68mg (61.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.32g (86.64%), Selenium: 95.43µg (136.33%), Manganese: 1.39mg (69.3%), Phosphorus: 618.19mg (61.82%), Vitamin B3: 12.06mg (60.29%), Copper: 0.95mg (47.3%), Vitamin B2: 0.78mg (45.95%), Vitamin B6: 0.83mg (41.41%), Vitamin B1: 0.62mg (41.35%), Zinc: 5.62mg (37.5%), Potassium: 1250.41mg (35.73%), Magnesium: 115.5mg (28.88%), Calcium: 274.57mg (27.46%), Vitamin A: 1369.32IU (27.39%), Iron: 4.86mg (26.97%), Vitamin B5: 2.68mg (26.78%), Fiber: 6.09g (24.37%), Vitamin E: 3.32mg (22.12%), Vitamin B12: 1.27µg (21.25%), Vitamin D: 2.55µg (16.99%), Folate: 63.25µg (15.81%), Vitamin C: 12.17mg (14.76%), Vitamin K: 12.78µg (12.17%)