



Italian Macaroni and Cheese

READY IN



45 min.

SERVINGS



45

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 Tbsp butter divided
- 8 oz shells cooked drained
- 0.3 cup bread crumbs dry
- 3 Tbsp flour
- 2 Tbsp parsley fresh chopped
- 0.3 tsp ground nutmeg
- 2.3 cups milk
- 0.3 cup parmesan cheese grated kraft
- 0.5 tsp pepper

- 8 oz polly-o pizza shreds 4 cheese blend
- 1 cup polly-o original ricotta cheese
- 0.5 tsp salt
- 1 medium tomatoes sliced

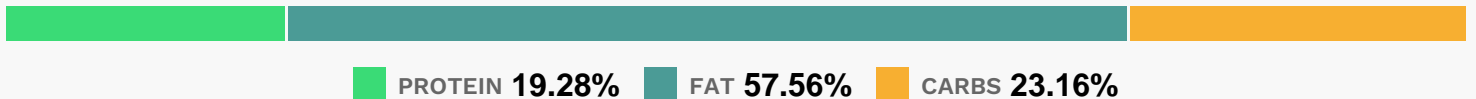
Equipment

- bowl
- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 350F. Melt 3 Tbsp. of the butter in large saucepan on low heat. Stir in flour and seasonings. Cook and stir 2 minutes or until bubbly. Gradually add milk, stirring until well blended. Cook on medium heat until mixture boils and thickens, stirring constantly. Reduce heat to low; simmer 5 minutes.
- Pour over shells in large bowl.
- Add ricotta cheese; mix lightly.
- Spoon half of the pasta mixture into 2-quart casserole dish; sprinkle with 1-1/2 cups of the pizza shreds. Cover with remaining pasta mixture and pizza shreds; top with tomato slices. Melt remaining 2 Tbsp. butter.
- Mix with bread crumbs, Parmesan cheese and parsley; sprinkle over tomatoes.
- Bake 20 to 25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:1.5160869696866%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.44kcal (2.97%), Fat: 3.87g (5.95%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.75g (0.83%), Cholesterol: 5.77mg (1.92%), Sodium: 73.76mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Calcium: 44.04mg (4.4%), Selenium: 2.88µg (4.11%), Phosphorus: 30.18mg (3.02%), Vitamin K: 3.17µg (3.02%), Vitamin A: 141.87IU (2.84%), Vitamin B2: 0.04mg (2.16%), Manganese: 0.03mg (1.65%), Vitamin B12: 0.1µg (1.6%), Vitamin B1: 0.02mg (1.32%), Zinc: 0.18mg (1.22%), Potassium: 37.45mg (1.07%), Magnesium: 4.03mg (1.01%)