



Mac-n-Cheese-n-Spin-occolini Bake

READY IN



45 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup asiago shredded
- 6 servings bell pepper black
- 1 bunch broccolini trimmed chopped
- 3 tablespoons butter
- 1 pound pasta
- 3 tablespoons flour all-purpose
- 1 box pkt spinach frozen chopped
- 6 servings nutmeg grated to taste
- 1 cup parmigiano-reggiano grated

- 1 cup provolone cheese grated
- 6 servings salt
- 2.5 cups milk whole

Equipment

- bowl
- frying pan
- oven
- whisk
- pot
- casserole dish
- broiler
- stove
- microwave

Directions

- Watch how to make this recipe.
- Defrost spinach in microwave. Wring out and separate, reserve.
- While the spinach defrosts, bring a large pot of water to a boil over medium heat for the pasta and a pan with a few inches of water to a boil over medium heat for the broccolini. Salt the boiling water and cook pasta to just-shy of al dente. Cook the broccolini for 3 minutes, then shock in a bowl of cold water and drain well.
- Return the pan that you cooked the broccolini in, to the stove top over medium heat and add 3 tablespoons butter. When the butter has melted, whisk in the flour and cook for 1 minute.
- Add the milk and whisk to combine. Cook the sauce for 5 minutes, to thicken, then season with salt, pepper and nutmeg, to taste. Reduce the heat to low. When pasta is almost ready, add the provolone and Asiago cheeses to the sauce.
- Heat the broiler or the oven to high.
- In a large bowl, combine the pasta with the spinach, broccolini and sauce.

Transfer to individual casseroles or a large single casserole dish. Top with the Parmesan cheese and brown under the broiler or in hot oven for a couple of minutes.

Remove from the oven and serve.

Nutrition Facts

PROTEIN 20.98% **FAT 35.47%** **CARBS 43.55%**

Properties

Glycemic Index:64.67, Glycemic Load:27.4, Inflammation Score:-10, Nutrition Score:34.289999878925%

Nutrients (% of daily need)

Calories: 649.34kcal (32.47%), Fat: 25.57g (39.34%), Saturated Fat: 15.48g (96.72%), Carbohydrates: 70.65g (23.55%), Net Carbohydrates: 65.98g (23.99%), Sugar: 8.86g (9.84%), Cholesterol: 65.1mg (21.7%), Sodium: 1019.68mg (44.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.03g (68.07%), Vitamin K: 178.18µg (169.69%), Vitamin A: 6846.46IU (136.93%), Selenium: 64.62µg (92.31%), Calcium: 789.46mg (78.95%), Phosphorus: 619.36mg (61.94%), Manganese: 1.14mg (56.81%), Vitamin C: 28.66mg (34.74%), Vitamin B2: 0.5mg (29.13%), Magnesium: 113.39mg (28.35%), Folate: 95.38µg (23.85%), Zinc: 3.45mg (23.02%), Vitamin B12: 1.28µg (21.37%), Fiber: 4.67g (18.67%), Copper: 0.33mg (16.57%), Potassium: 559.95mg (16%), Iron: 2.75mg (15.3%), Vitamin B6: 0.3mg (15.13%), Vitamin B1: 0.22mg (14.9%), Vitamin E: 1.8mg (11.98%), Vitamin B5: 1.03mg (10.31%), Vitamin B3: 2.01mg (10.04%), Vitamin D: 1.39µg (9.3%)