



Macaroni and Cheese Casserole with Meatballs

READY IN



55 min.

SERVINGS



4

CALORIES



738 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz meatballs frozen italian-style thawed cooked (from 16-oz bag)
- ☐ 8 oz rotini pasta uncooked
- ☐ 2.3 cups milk
- ☐ 1.8 oz bearnaise sauce mix white
- ☐ 4 oz cheddar cheese shredded
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 tablespoon butter melted
- ☐ 3 tablespoons breadcrumbs dry italian-style

☐ 2 tablespoons spring onion chopped

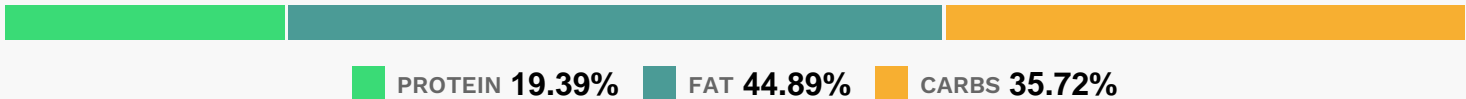
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- ☐ Cut any large meatballs in half. Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 2-quart saucepan, mix milk and sauce mix with wire whisk.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil 1 minute, stirring constantly. Stir in cheeses until melted. Stir in pasta and meatballs. Spoon into baking dish. In small bowl, mix butter, bread crumbs and onions; sprinkle over top.
- ☐ Bake uncovered 30 to 35 minutes or until bubbly and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:19.86, Inflammation Score:-7, Nutrition Score:24.066521660141%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 738.15kcal (36.91%), Fat: 36.46g (56.09%), Saturated Fat: 17.02g (106.37%), Carbohydrates: 65.28g (21.76%), Net Carbohydrates: 63.05g (22.93%), Sugar: 13.82g (15.36%), Cholesterol: 108.04mg (36.01%), Sodium: 539.49mg (23.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.89%), Selenium: 67.14µg

(95.91%), Phosphorus: 589.5mg (58.95%), Calcium: 549.19mg (54.92%), Vitamin B1: 0.63mg (42.28%), Vitamin B12: 2.11µg (35.24%), Vitamin B2: 0.6mg (35.05%), Manganese: 0.62mg (30.81%), Zinc: 4.6mg (30.65%), Vitamin B6: 0.42mg (21.13%), Vitamin B3: 4.13mg (20.63%), Magnesium: 74.55mg (18.64%), Vitamin A: 857.12IU (17.14%), Potassium: 562.86mg (16.08%), Vitamin B5: 1.34mg (13.39%), Vitamin D: 1.79µg (11.95%), Copper: 0.22mg (11.24%), Iron: 1.81mg (10.07%), Fiber: 2.23g (8.92%), Vitamin K: 8.51µg (8.1%), Folate: 30.96µg (7.74%), Vitamin E: 0.53mg (3.52%), Vitamin C: 0.97mg (1.17%)