



Macaroni and Four Cheeses

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound elbow macaroni uncooked
- ☐ 0.3 cup flour all-purpose
- ☐ 2 ounces gorgonzola cheese crumbled
- ☐ 2.5 cups milk 1% low-fat
- ☐ 4 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt

- ☐ 2 teaspoons stick margarine melted
- ☐ 2 ounces swiss cheese shredded
- ☐ 1 ounce bread white
- ☐ 2 teaspoons or dried fresh minced

Equipment

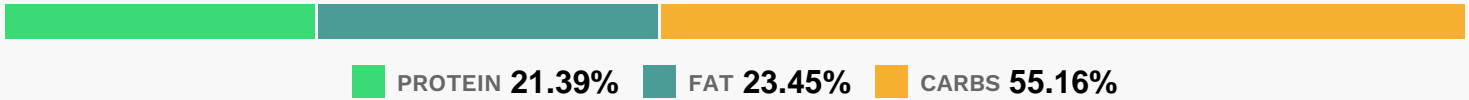
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Cook pasta in boiling water 5 minutes or until almost tender.
- ☐ Drain and rinse with cold water.
- ☐ Place pasta in a large bowl.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs form. Set aside.
- ☐ Bring milk and bay leaves to a simmer in a small saucepan.
- ☐ Remove from heat; cover and let stand 5 minutes. Discard bay leaves. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a small bowl; gradually add milk, stirring with a whisk until well-blended. Return milk mixture to pan. Cook over medium heat until thick, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Add cheeses, salt, and pepper; stirring until cheeses melt.

- ☐
- Pour cheese sauce over pasta; stir well. Spoon mixture into a 13 x 9–inch baking dish coated with cooking spray.
- ☐
- Combine breadcrumbs, sage, and butter in a bowl; toss with a fork.
- ☐
- Sprinkle breadcrumb mixture over pasta mixture.
- ☐
- Bake at 400 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:3.54, Inflammation Score:-5, Nutrition Score:13.739130404899%

Nutrients (% of daily need)

Calories: 380.2kcal (19.01%), Fat: 9.78g (15.04%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 49.71g (18.08%), Sugar: 5.54g (6.15%), Cholesterol: 23.39mg (7.8%), Sodium: 573.71mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Selenium: 46.35µg (66.21%), Phosphorus: 377.68mg (37.77%), Calcium: 357.54mg (35.75%), Manganese: 0.58mg (29.22%), Vitamin B2: 0.27mg (15.84%), Vitamin B12: 0.91µg (15.1%), Zinc: 2.13mg (14.2%), Magnesium: 50.36mg (12.59%), Vitamin B1: 0.15mg (9.96%), Copper: 0.19mg (9.37%), Potassium: 292.87mg (8.37%), Fiber: 2.03g (8.14%), Vitamin B6: 0.16mg (8.03%), Vitamin A: 389.62IU (7.79%), Vitamin B3: 1.55mg (7.76%), Vitamin B5: 0.76mg (7.6%), Folate: 28.14µg (7.04%), Iron: 1.21mg (6.73%), Vitamin D: 0.9µg (5.98%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.15µg (1.1%)