



## Messicani with Spinach & Cheese Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 bay leaves
- ☐ 40 g butter
- ☐ 100 g mature cheddar
- ☐ 0.5 tsp thyme leaves dried
- ☐ 3 cloves garlic cut in half
- ☐ 4 servings grating of ground nutmeg generous
- ☐ 650 ml milk hot
- ☐ 25 g parmesan grated
- ☐ 500 g messicani pasta

- ☐ 4 servings grinding of pepper black good
- ☐ 45 g flour plain
- ☐ 1 large bag pkt spinach

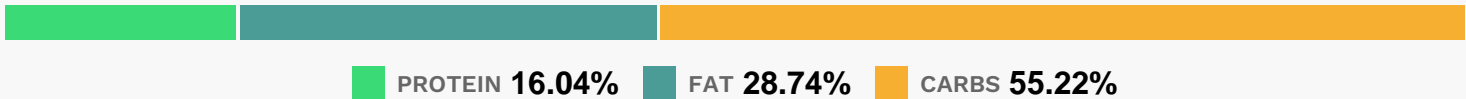
## Equipment

- ☐ frying pan
- ☐ colander

## Directions

- ☐ Infuse the hot milk with the three cloves of garlic, bay leaves, thyme and a little grated nutmeg. Leave for 10 minutes. Melt the butter in a pan on a low heat, then add the flour and cook out for five minutes, stirring regularly.
- ☐ Pour the infused milk mixture (strain it first to get rid of the garlic etc), little by little, into the flour and butter mix (roux), stirring all the time, with the heat on low, so it will not burn on the bottom of the pan.
- ☐ Then add the pepper and bring to a slow simmer for five minutes at a slow temperature, stirring constantly, before you add the cheese.
- ☐ Cook the pasta according to the packet instructions.
- ☐ Wash the spinach in a colander and then pour a kettle full of boiling water over it. Once it has wilted, refresh with cold water. Squeeze as much water out of it as you can.
- ☐ Chop the spinach and mix through the cheese sauce.
- ☐ Mix the sauce through the cooked pasta and serve.

## Nutrition Facts



## Properties

Glycemic Index:105.75, Glycemic Load:47.87, Inflammation Score:-10, Nutrition Score:40.427391176638%

## Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin:

0.28mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 834.53kcal (41.73%), Fat: 26.62g (40.95%), Saturated Fat: 15.02g (93.87%), Carbohydrates: 115.09g (38.36%), Net Carbohydrates: 108.66g (39.51%), Sugar: 12.46g (13.85%), Cholesterol: 70.86mg (23.62%), Sodium: 456.25mg (19.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.42g (66.85%), Vitamin K: 348.2µg (331.62%), Vitamin A: 7490.91IU (149.82%), Selenium: 95.66µg (136.65%), Manganese: 2mg (99.83%), Phosphorus: 621mg (62.1%), Calcium: 569.43mg (56.94%), Folate: 188.99µg (47.25%), Magnesium: 159.46mg (39.87%), Vitamin B2: 0.64mg (37.36%), Potassium: 984.79mg (28.14%), Zinc: 4.09mg (27.24%), Fiber: 6.43g (25.73%), Copper: 0.51mg (25.6%), Vitamin C: 20.82mg (25.24%), Iron: 4.51mg (25.06%), Vitamin B1: 0.37mg (24.84%), Vitamin B6: 0.48mg (23.98%), Vitamin B12: 1.26µg (21.03%), Vitamin B3: 3.57mg (17.83%), Vitamin B5: 1.42mg (14.17%), Vitamin E: 2.12mg (14.12%), Vitamin D: 2.02µg (13.5%)