



Mock-a-Roni

READY IN



60 min.

SERVINGS



3

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons butter
- 1 eggs slightly beaten
- 3 servings ground pepper black to taste
- 0.3 cup italian-seasoned bread crumbs to taste
- 1.5 teaspoons penzey's southwest seasoning italian
- 0.3 cup milk
- 0.5 cup orzo pasta
- 1 cup cheddar cheese shredded

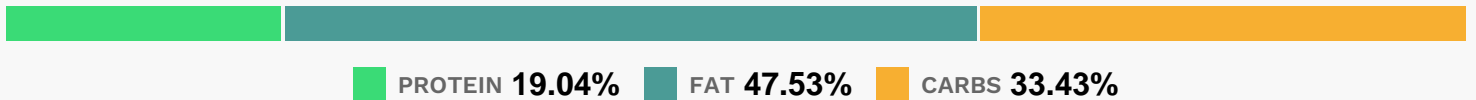
Equipment

- sauce pan
- oven
- pot
- ramekin
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally until cooked through but firm to the bite, about 10 minutes.
- Drain.
- Preheat oven to 350 degrees F (175 degrees C).
- Melt butter in a saucepan over low heat; stir Cheddar cheese into melted butter until cheese starts to melt, 2 to 3 minutes.
- Add milk, egg, Italian seasoning, and black pepper to cheese mixture; cook, stirring constantly, until cheese sauce is smooth and thickened, about 5 minutes. Stir orzo into cheese sauce until evenly coated.
- Spoon orzo mixture into ramekins and top each serving with bread crumbs.
- Place ramekins in a shallow baking dish.
- Bake in the preheated oven until topping begins to brown, about 30 minutes. Allow 'mock-a-roni' to cool enough to handle ramekins without potholders, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:64.67, Glycemic Load:8.14, Inflammation Score:-5, Nutrition Score:12.266521655995%

Nutrients (% of daily need)

Calories: 338.73kcal (16.94%), Fat: 17.85g (27.46%), Saturated Fat: 9.58g (59.87%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 26.51g (9.64%), Sugar: 2.44g (2.71%), Cholesterol: 100.14mg (33.38%), Sodium: 426.34mg (18.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.09g (32.17%), Selenium: 33.89µg (48.42%), Calcium: 339.99mg (34%), Phosphorus: 289.28mg (28.93%), Manganese: 0.4mg (19.95%), Vitamin B2: 0.32mg (19.06%), Zinc: 2.18mg (14.54%), Vitamin A: 588.89IU (11.78%), Vitamin K: 12.19µg (11.61%), Vitamin B12: 0.68µg (11.31%), Vitamin B1: 0.15mg (9.92%), Magnesium: 35.14mg (8.79%), Folate: 33.67µg (8.42%), Iron: 1.51mg (8.4%), Fiber: 1.74g (6.96%), Vitamin B5: 0.64mg (6.4%), Copper: 0.13mg (6.38%), Vitamin B6: 0.13mg (6.34%), Vitamin B3: 1.14mg (5.71%), Vitamin D: 0.74µg (4.95%), Potassium: 173.12mg (4.95%), Vitamin E: 0.74mg (4.95%)