



Pasta Broccoli Bake

READY IN



45 min.

SERVINGS



10

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds broccoli fresh cooked
- 0.3 cup butter
- 0.1 teaspoon thyme leaves dried
- 0.3 cup flour all-purpose
- 8 ounce fusilli pasta
- 0.5 teaspoon garlic salt
- 0.1 teaspoon ground nutmeg
- 3 cups milk
- 1 tablespoon olive oil

- 0.8 cup parmesan cheese grated
- 1 teaspoon salt
- 1.5 cups sharp cheddar cheese shredded
- 0.8 cup swiss cheese shredded

Equipment

- sauce pan
- oven
- whisk
- pot
- baking pan

Directions

- In a large pot of boiling salted water cook rigatoni or fusilli pasta with one tablespoon of oil until al dente.
- Drain.
- Meanwhile, in a large saucepan melt butter or margarine. Stir in flour and milk and whisk until mixture boils and thickens.
- Add grated Parmesan cheese, salt, garlic salt, nutmeg, thyme and grated Cheddar cheese and stir until blended.
- Add cooked broccoli and drained pasta to cheese sauce.
- Mix well.
- Pour into a greased 9x13 inch baking dish.
- Sprinkle with grated Swiss cheese.
- Bake uncovered at 350 degrees C(175 degrees C) for 20 minutes.
- Let stand 10 minutes before serving.

Nutrition Facts

  

 PROTEIN 17.4%  FAT 50.73%  CARBS 31.87%

Properties

Glycemic Index:36.1, Glycemic Load:11.44, Inflammation Score:-8, Nutrition Score:19.910000013269%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 365.72kcal (18.29%), Fat: 20.9g (32.15%), Saturated Fat: 11.49g (71.8%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 26.92g (9.79%), Sugar: 5.37g (5.96%), Cholesterol: 56.06mg (18.69%), Sodium: 706.32mg (30.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Vitamin C: 60.7mg (73.57%), Vitamin K: 71.89µg (68.47%), Selenium: 28.78µg (41.11%), Calcium: 387.96mg (38.8%), Phosphorus: 339.77mg (33.98%), Vitamin A: 1034IU (20.68%), Vitamin B2: 0.34mg (20.15%), Manganese: 0.39mg (19.66%), Vitamin B12: 0.93µg (15.56%), Zinc: 2.24mg (14.92%), Folate: 59.59µg (14.9%), Potassium: 414.53mg (11.84%), Magnesium: 46.12mg (11.53%), Vitamin B6: 0.22mg (11.08%), Fiber: 2.62g (10.47%), Vitamin B1: 0.15mg (10.05%), Vitamin B5: 0.92mg (9.16%), Vitamin E: 1.19mg (7.91%), Vitamin D: 0.94µg (6.3%), Iron: 1.08mg (6.03%), Copper: 0.12mg (5.93%), Vitamin B3: 1.17mg (5.83%)