



Perfect Pasta and Cheese

READY IN



45 min.

SERVINGS



7

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup breadcrumbs fresh
- 0.3 cup chives divided chopped
- 3 garlic cloves minced
- 7 servings béchamel sauce
- 2 teaspoons butter
- 2 cups mushrooms sliced
- 3.5 cups penne pasta) (tubular-shaped uncooked
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

- 0.5 cup shallots minced
- 8 ounces sharp cheddar cheese shredded divided reduced-fat
- 4 ounces shiitake mushroom caps sliced

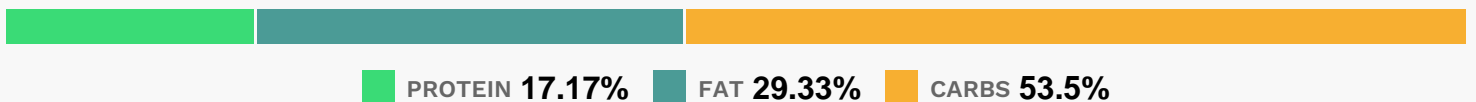
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350
- Prepare Bchamel Sauce; keep warm.
- Melt margarine in a large nonstick skillet over medium-high heat.
- Add shallots; saut 1 minute. Stir in mushrooms, salt, pepper, and garlic; saut 3 minutes or until liquid has evaporated. Set aside.
- Combine breadcrumbs, 1/4 cup cheese, and 1 tablespoon chives. Stir well; set aside.
- Add 1 3/4 cups cheese to Bchamel Sauce; stir until cheese melts. Cook pasta according to package directions, omitting salt and fat.
- Drain well; return pasta to pan.
- Add mushrooms, cheese sauce, and 3 tablespoons chives; stir well.
- Spoon pasta mixture into a 3-quart casserole; sprinkle with breadcrumb mixture.
- Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:18.35, Inflammation Score:-6, Nutrition Score:16.171304091163%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 424.31kcal (21.22%), Fat: 13.84g (21.29%), Saturated Fat: 6.78g (42.34%), Carbohydrates: 56.78g (18.93%), Net Carbohydrates: 53.16g (19.33%), Sugar: 4.86g (5.4%), Cholesterol: 32.4mg (10.8%), Sodium: 413.63mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.44%), Selenium: 51.51µg (73.59%), Manganese: 0.76mg (38.05%), Phosphorus: 328.9mg (32.89%), Calcium: 273.89mg (27.39%), Vitamin B2: 0.38mg (22.1%), Vitamin B3: 3.41mg (17.06%), Zinc: 2.55mg (17.01%), Copper: 0.34mg (16.75%), Fiber: 3.62g (14.49%), Vitamin B1: 0.21mg (14.04%), Magnesium: 53.88mg (13.47%), Vitamin B6: 0.27mg (13.44%), Vitamin B5: 1.16mg (11.57%), Folate: 43.39µg (10.85%), Potassium: 376.93mg (10.77%), Iron: 1.8mg (10%), Vitamin A: 439.11IU (8.78%), Vitamin B12: 0.4µg (6.61%), Vitamin K: 4.91µg (4.68%), Vitamin C: 3.16mg (3.83%), Vitamin E: 0.37mg (2.48%), Vitamin D: 0.31µg (2.09%)