



Pesto Mac and Goat Cheese

 Vegetarian

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

845 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 tablespoons basil leaves finely chopped
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 clove garlic minced
- ☐ 16 ounces goat cheese
- ☐ 2 cups half-and-half
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.8 cup panko bread crumbs
- ☐ 1.8 cups parmesan

- ☐ 1 pound shells mini
- ☐ 0.5 cup pesto sauce store-bought
- ☐ 2 tablespoons butter unsalted for baking dish

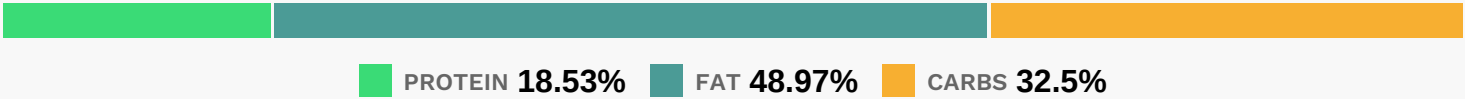
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Butter a 2 quart baking dish. Preheat the broiler and arrange a rack on top.
- ☐ Melt the remaining 2 tablespoons of butter in a small pan over low heat. In a large bowl add the garlic, basil, panko, and 1/4 cup of the Parmesan.
- ☐ Add the melted butter and toss to combine. Reserve.
- ☐ Bring a large pot of heavily salted water to a boil over high heat.
- ☐ Add the pasta and cook according to the package instructions. Meanwhile, put the half-and-half in a small pot and bring to a simmer over low heat. Simmer until reduced and slightly thickened, about 5 to 7 minutes.
- ☐ Reserve 1/4 cup of the pasta cooking water and drain the pasta.
- ☐ Put the pot over low heat and add the half-and-half mixture. When it simmers, add the goat cheese and whisk until smooth.
- ☐ Add in the remaining Parmesan and whisk until melted.
- ☐ Add the pasta and stir to coat. Stir in the pesto, reserved cooking water, salt, and pepper. Season with additional salt and freshly ground black pepper, if needed.
- ☐ Pour the pasta mixture into the buttered baking dish and top with the panko mixture. Put under the broiler until the mixture bubbles and the top is browned, about 1 to 2 minutes.
- ☐ Remove from the broiler and let cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:23.04, Inflammation Score:-8, Nutrition Score:23.699130400367%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 844.86kcal (42.24%), Fat: 45.74g (70.36%), Saturated Fat: 25.5g (159.38%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 65.12g (23.68%), Sugar: 7.39g (8.22%), Cholesterol: 94.53mg (31.51%), Sodium: 1629.39mg (70.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.93g (77.86%), Selenium: 61.07µg (87.24%), Phosphorus: 630.62mg (63.06%), Calcium: 605.4mg (60.54%), Manganese: 0.9mg (45.23%), Copper: 0.82mg (40.86%), Vitamin A: 1864.58IU (37.29%), Vitamin B2: 0.62mg (36.44%), Zinc: 3.01mg (20.05%), Magnesium: 77.52mg (19.38%), Vitamin B6: 0.38mg (19.03%), Iron: 3.25mg (18.05%), Vitamin B1: 0.23mg (15.39%), Fiber: 3.19g (12.77%), Vitamin B5: 1.26mg (12.61%), Vitamin B3: 2.29mg (11.45%), Vitamin B12: 0.68µg (11.35%), Potassium: 345.9mg (9.88%), Folate: 35.83µg (8.96%), Vitamin K: 7.12µg (6.78%), Vitamin E: 0.61mg (4.06%), Vitamin D: 0.52µg (3.45%), Vitamin C: 1mg (1.21%)