



Rotini and Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 5 cups rotini hot cooked uncooked (8 ounces pasta)
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup milk 1% low-fat

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 0.8 cup peas green frozen thawed
- ☐ 3 ounces sharp cheddar cheese shredded

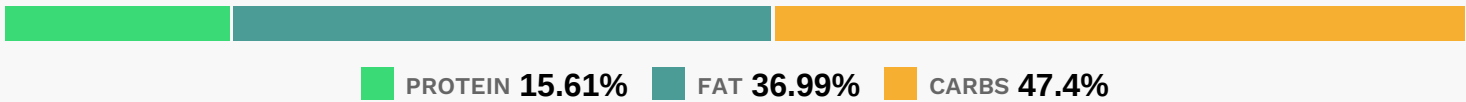
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble. Increase heat to medium-high.
- ☐ Add butter and oil to drippings in pan; swirl to coat.
- ☐ Add onion; saut for 5 minutes, stirring occasionally.
- ☐ Add garlic; saut for 30 seconds, stirring constantly.
- ☐ Add flour, and saut 1 minute, stirring frequently. Stir in mustard. Gradually add 1 cup milk, stirring constantly with a whisk, and bring to a boil. Cook for 3 minutes or until slightly thickened.
- ☐ Remove from heat.
- ☐ Let stand 5 minutes.
- ☐ Add cheese, salt, and pepper, stirring with a whisk until smooth.
- ☐ Place pan over low heat. Stir in bacon, pasta, and peas; cook for 1 minute or until thoroughly heated, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:91.46, Glycemic Load:23.29, Inflammation Score:-7, Nutrition Score:16.500869336336%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 490.91kcal (24.55%), Fat: 20.11g (30.94%), Saturated Fat: 8.47g (52.92%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 52.92g (19.24%), Sugar: 7.11g (7.9%), Cholesterol: 39mg (13%), Sodium: 580.37mg (25.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Selenium: 50.29µg (71.84%), Manganese: 0.7mg (34.92%), Phosphorus: 306.98mg (30.7%), Calcium: 257.5mg (25.75%), Fiber: 5.06g (20.26%), Vitamin C: 14.31mg (17.35%), Vitamin B2: 0.27mg (15.87%), Zinc: 2.36mg (15.75%), Iron: 2.58mg (14.32%), Magnesium: 55.58mg (13.9%), Vitamin B1: 0.2mg (13.61%), Vitamin B6: 0.27mg (13.32%), Vitamin A: 631.6IU (12.63%), Copper: 0.23mg (11.59%), Vitamin B12: 0.65µg (10.77%), Folate: 42.92µg (10.73%), Vitamin K: 10.09µg (9.61%), Potassium: 334.49mg (9.56%), Vitamin B3: 1.79mg (8.97%), Vitamin E: 0.95mg (6.31%), Vitamin B5: 0.63mg (6.29%), Vitamin D: 0.82µg (5.47%)