



Steak House Side Mac and Cheese

READY IN



50 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce baby spinach fresh
- ☐ 3 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces cheese blue crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 10 ounce mushrooms quartered
- ☐ 4 teaspoons olive oil divided
- ☐ 0.5 cup panko bread crumbs whole-wheat (Japanese breadcrumbs)

- ☐ 0.3 cup greek yogurt plain 2%
- ☐ 2 teaspoons salt
- ☐ 8 ounces penne pasta whole-wheat uncooked

Equipment

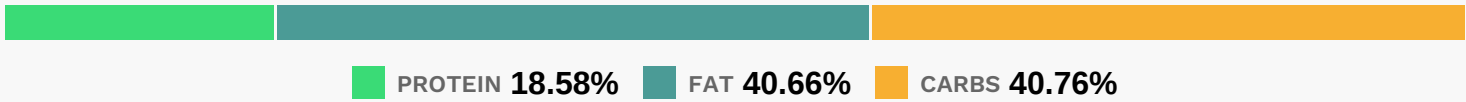
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 40
- ☐ Coat 2-quart glass or ceramic baking dish with 1 teaspoon oil. Set aside.
- ☐ Bring a large saucepan of water to a boil; add salt and pasta. Cook for 6 minutes or until just barely tender.
- ☐ Drain pasta in a colander over a bowl; reserve 1 cup cooking liquid.
- ☐ Cook bacon in a large skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 2 tablespoons drippings in pan; crumble bacon.
- ☐ Add mushrooms to drippings in pan; cook for 8 minutes or until browned, stirring occasionally.
- ☐ Add pepper, garlic, and spinach (in batches); cook 3 minutes or until spinach wilts, tossing occasionally.
- ☐ Combine yogurt and cheese in a large bowl, stirring until almost smooth.
- ☐ Add pasta and mushroom mixture; toss to combine. Stir in 1/2 cup reserved cooking liquid (or more if mixture looks dry). Spoon pasta mixture into prepared dish.
- ☐ Combine crumbled bacon, panko, and parsley.
- ☐ Drizzle with remaining 3 teaspoons oil; toss to combine.
- ☐ Sprinkle evenly over top of pasta.

Bake at 400 for 20 minutes or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:21.271304078724%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 310.68kcal (15.53%), Fat: 14.06g (21.63%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 27.18g (9.88%), Sugar: 2.63g (2.92%), Cholesterol: 21.85mg (7.28%), Sodium: 1145.6mg (49.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.91%), Vitamin K: 252.62µg (240.59%), Vitamin A: 4692.03IU (93.84%), Folate: 114.5µg (28.63%), Manganese: 0.53mg (26.36%), Vitamin B2: 0.41mg (23.91%), Vitamin C: 16.35mg (19.82%), Fiber: 4.54g (18.18%), Phosphorus: 174.79mg (17.48%), Selenium: 12.05µg (17.22%), Calcium: 171.46mg (17.15%), Vitamin B3: 3.06mg (15.29%), Potassium: 518.31mg (14.81%), Magnesium: 51.39mg (12.85%), Copper: 0.24mg (12.24%), Vitamin B5: 1.19mg (11.94%), Vitamin B6: 0.23mg (11.36%), Iron: 2mg (11.09%), Vitamin B1: 0.16mg (10.96%), Vitamin E: 1.46mg (9.73%), Zinc: 1.27mg (8.49%), Vitamin B12: 0.38µg (6.34%), Vitamin D: 0.23µg (1.55%)