



Three-Cheese Baked Penne

READY IN



45 min.

SERVINGS



6

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup breadcrumbs panko-style (such as Kinnikinnick)
- ☐ 12 ounce brown rice penne gluten-free (such as Tinkyada)
- ☐ 0.3 cup cornstarch
- ☐ 4 cups milk 1% low-fat divided
- ☐ 0.5 teaspoon nutmeg whole grated
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion finely chopped (1 medium)
- ☐ 2 ounces parmesan cheese fresh grated

- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.8 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

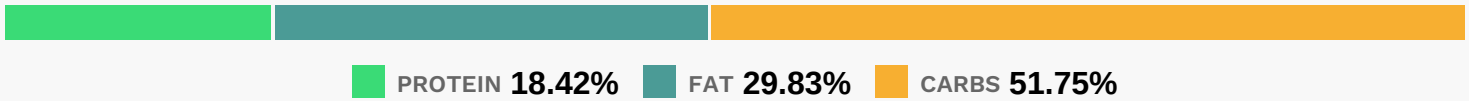
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a medium Dutch oven over medium heat.
- ☐ Add onion; cook 5 minutes or until tender, stirring often.
- ☐ While onion cooks, cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Combine cornstarch and 1/2 cup milk in a small bowl.
- ☐ Add remaining 3 1/2 cups milk to onion; bring to a boil. Gradually stir in cornstarch mixture. Cook 2 minutes or until sauce thickens, stirring constantly.
- ☐ Remove from heat, and stir in salt, pepper, and nutmeg.
- ☐ Add cheddar and mozzarella cheeses, stirring with a whisk until cheeses melt. Stir in pasta.
- ☐ Pour pasta mixture evenly into 6 (2-cup) gratin dishes or ramekins coated with cooking spray.
- ☐ Combine Parmesan cheese and breadcrumbs; sprinkle over pasta mixture.
- ☐ Bake at 375 for 30 minutes or until sauce is bubbly and top is brown.

Nutrition Facts



Properties

Glycemic Index:40.29, Glycemic Load:25.33, Inflammation Score:-7, Nutrition Score:22.395217356475%

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 502.24kcal (25.11%), Fat: 16.57g (25.49%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 61.74g (22.45%), Sugar: 10.18g (11.31%), Cholesterol: 45.29mg (15.1%), Sodium: 781.4mg (33.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.04%), Manganese: 2.26mg (112.76%), Calcium: 629.03mg (62.9%), Phosphorus: 571.72mg (57.17%), Magnesium: 120.26mg (30.06%), Vitamin B1: 0.4mg (26.61%), Vitamin B2: 0.45mg (26.23%), Vitamin B12: 1.44µg (24.07%), Vitamin B6: 0.47mg (23.6%), Zinc: 3.44mg (22.93%), Selenium: 15µg (21.42%), Vitamin B5: 1.63mg (16.27%), Vitamin B3: 3.02mg (15.12%), Potassium: 511.49mg (14.61%), Vitamin A: 664.34IU (13.29%), Vitamin D: 1.95µg (12.99%), Fiber: 2.94g (11.74%), Copper: 0.21mg (10.33%), Iron: 1.53mg (8.49%), Folate: 33.39µg (8.35%), Vitamin C: 2.96mg (3.59%), Vitamin E: 0.43mg (2.84%), Vitamin K: 2.61µg (2.48%)