



Three-Cheese Mac & Cheese

READY IN



25 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups bow tie pasta uncooked
- 16 oz broccoli cuts frozen
- 0.3 cup parmesan cheese grated kraft
- 15 oz polly-o original ricotta cheese
- 8 oz velveeta®
- 8 oz velveeta®

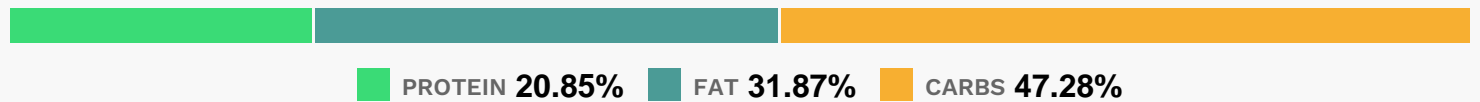
Equipment

- sauce pan

Directions

- Cook pasta as directed on pkg., adding broccoli to the cooking water for the last 2 min. of the pasta cooking time.
- Drain pasta mixture; return to saucepan.
- Stir in remaining ingredients. Cook on low heat 5 min. or until heated through, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:10.17, Inflammation Score:-6, Nutrition Score:14.438695682132%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 236.22kcal (11.81%), Fat: 8.44g (12.98%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 25.74g (9.36%), Sugar: 1.91g (2.12%), Cholesterol: 29.83mg (9.94%), Sodium: 119.85mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin C: 50.58mg (61.3%), Vitamin K: 58.5µg (55.72%), Selenium: 29.18µg (41.68%), Manganese: 0.4mg (20%), Phosphorus: 197.92mg (19.79%), Calcium: 170.61mg (17.06%), Vitamin A: 616.81IU (12.34%), Folate: 47.69µg (11.92%), Vitamin B2: 0.2mg (11.69%), Fiber: 2.43g (9.74%), Zinc: 1.41mg (9.38%), Potassium: 307.63mg (8.79%), Magnesium: 34.75mg (8.69%), Vitamin B6: 0.17mg (8.36%), Copper: 0.13mg (6.34%), Vitamin B5: 0.58mg (5.78%), Iron: 1.02mg (5.67%), Vitamin B1: 0.08mg (5%), Vitamin B3: 0.93mg (4.65%), Vitamin B12: 0.22µg (3.72%), Vitamin E: 0.55mg (3.66%)