



Three-Cheese Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 ounces elbow macaroni uncooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 2 ounces gorgonzola cheese crumbled
- ☐ 1.5 cups milk 1% low-fat
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped (1 medium)

- ☐ 0.7 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 3 ounces parmigiano-reggiano cheese divided grated
- ☐ 2.5 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add onion to pan; cook 8 minutes or until tender, stirring occasionally.
- ☐ Add flour and garlic; cook 1 minute, stirring constantly. Stir in milk and bay leaf; bring to a boil. Cook 2 minutes or until thick, stirring constantly with a whisk.
- ☐ Add Gorgonzola, 1/2 cup Parmigiano-Reggiano, and salt; stir until cheeses melt. Discard bay leaf.
- ☐ Preheat oven to 37
- ☐ Cook pasta in boiling water 5 minutes or until almost tender, omitting salt and fat; drain well.
- ☐ Add pasta to cheese mixture, stirring well.
- ☐ Place about 1/2 cup pasta mixture into each of 6 (1-cup) ramekins coated with cooking spray.
- ☐ Sprinkle evenly with mozzarella. Top evenly with remaining pasta mixture.
- ☐ Combine remaining 1/4 cup Parmigiano-Reggiano and panko; sprinkle evenly over pasta mixture. Spray lightly with cooking spray; sprinkle with black pepper.
- ☐ Bake at 375 for 25 minutes or until heated.

Nutrition Facts



 PROTEIN **21.96%**  FAT **28.16%**  CARBS **49.88%**

Properties

Glycemic Index:36.33, Glycemic Load:2.16, Inflammation Score:-5, Nutrition Score:12.711304374363%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 337.43kcal (16.87%), Fat: 10.46g (16.09%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.64g (14.41%), Sugar: 5.79g (6.43%), Cholesterol: 27.24mg (9.08%), Sodium: 581.07mg (25.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.72%), Selenium: 34.12µg (48.75%), Calcium: 412.38mg (41.24%), Phosphorus: 344.13mg (34.41%), Manganese: 0.48mg (24.06%), Vitamin B2: 0.27mg (15.96%), Zinc: 1.92mg (12.8%), Vitamin B12: 0.77µg (12.76%), Vitamin B1: 0.18mg (11.7%), Magnesium: 44.54mg (11.14%), Vitamin B6: 0.17mg (8.69%), Fiber: 2.06g (8.22%), Potassium: 282.61mg (8.07%), Copper: 0.15mg (7.71%), Folate: 30.27µg (7.57%), Vitamin B3: 1.48mg (7.41%), Vitamin A: 357.1IU (7.14%), Vitamin B5: 0.7mg (6.97%), Iron: 1.18mg (6.56%), Vitamin D: 0.8µg (5.35%), Vitamin C: 2.14mg (2.59%), Vitamin K: 1.79µg (1.7%), Vitamin E: 0.23mg (1.56%)