



Three-Cheese Pasta Bake

READY IN



27 min.

SERVINGS



4

CALORIES



746 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour
- ☐ 1 pinch ground nutmeg
- ☐ 8 oz gruyère cheese shredded divided
- ☐ 0.5 cup half-and-half
- ☐ 1.5 cups milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 oz penne pasta
- ☐ 0.3 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 4 oz cheddar cheese shredded white

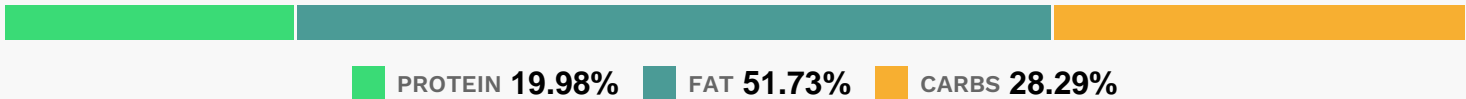
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, melt butter in a medium saucepan over medium heat.
- ☐ Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk and half-and-half; cook, whisking constantly, 3 to 5 minutes or until thickened. Stir in Cheddar cheese, Parmesan cheese, 1/2 cup Gruyre cheese, and next 3 ingredients until smooth.
- ☐ Stir together pasta and cheese mixture, and pour into 4 lightly greased 8-oz. baking dishes or 1 lightly greased 11- x 7-inch baking dish. (If using 8-oz. baking dishes, place in a jelly-roll pan for easy baking, and proceed as directed.) Top with remaining 1/2 cup Gruyre cheese.
- ☐ Bake at 350 for 15 minutes or until golden and bubbly.
- ☐ *Swiss cheese may be substituted.
- ☐ Note: To make ahead, proceed with recipe as directed through Step (Do not top with remaining Gruyre cheese.) Cover and chill up to 8 hours.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake at 350 for 20 to 25 minutes or until bubbly. Increase oven temperature to 40
- ☐ Top pasta mixture with remaining Gruyre cheese, and bake 10 more minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:20.97, Inflammation Score:-7, Nutrition Score:23.123913043219%

Nutrients (% of daily need)

Calories: 746.49kcal (37.32%), Fat: 42.77g (65.81%), Saturated Fat: 24.78g (154.9%), Carbohydrates: 52.65g (17.55%), Net Carbohydrates: 50.65g (18.42%), Sugar: 7.55g (8.39%), Cholesterol: 132.77mg (44.26%), Sodium: 1382.76mg (60.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.17g (74.34%), Calcium: 988.78mg (98.88%), Selenium: 58.33µg (83.32%), Phosphorus: 747.27mg (74.73%), Zinc: 4.86mg (32.37%), Vitamin B2: 0.55mg (32.06%), Vitamin B12: 1.86µg (30.93%), Manganese: 0.59mg (29.6%), Vitamin A: 1306.82IU (26.14%), Magnesium: 75.96mg (18.99%), Vitamin B1: 0.19mg (12.4%), Vitamin B5: 1.15mg (11.55%), Vitamin B6: 0.22mg (11.23%), Potassium: 391.22mg (11.18%), Copper: 0.21mg (10.38%), Vitamin D: 1.55µg (10.32%), Fiber: 2g (8%), Folate: 30.4µg (7.6%), Vitamin B3: 1.4mg (7.01%), Iron: 1.12mg (6.23%), Vitamin E: 0.75mg (5.02%), Vitamin K: 3.75µg (3.57%)