



Three-Cheese Rotini Bake

READY IN



50 min.

SERVINGS



4

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups rotini pasta uncooked (spiral pasta)
- ☐ 3 tablespoons butter
- ☐ 1 garlic clove minced
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups milk
- ☐ 1 cup processed cheese food shredded
- ☐ 1 cup mozzarella cheese shredded
- ☐ 0.3 cup cheese blue crumbled

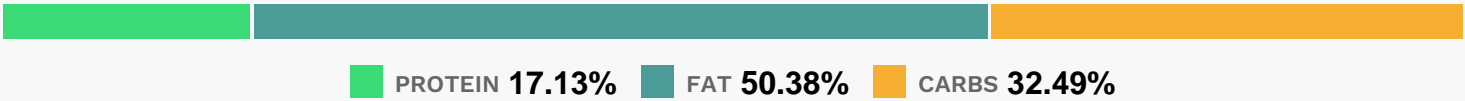
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 2-quart casserole with nonstick cooking spray. Cook rotini as directed on package.
- ☐ Drain.
- ☐ Meanwhile, melt margarine in large saucepan over medium heat.
- ☐ Add garlic; cook and stir 30 to 60 seconds. Stir in flour and pepper; cook and stir until mixture is bubbly. Gradually add milk, stirring constantly, until mixture boils and thickens.
- ☐ Remove from heat. Reserve 1 tablespoon each American and mozzarella cheese for top.
- ☐ Add remaining cheeses to sauce; stir until melted.
- ☐ Add cooked rotini to cheese sauce; stir gently to coat.
- ☐ Pour into sprayed casserole.
- ☐ Sprinkle with reserved cheeses.
- ☐ Bake at 350°F. for 20 to 25 minutes or until bubbly around edges.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:20.64, Inflammation Score:-7, Nutrition Score:19.084347623846%

Flavonoids

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

Nutrients (% of daily need)

Calories: 589.15kcal (29.46%), Fat: 32.93g (50.66%), Saturated Fat: 15.74g (98.39%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 46.09g (16.76%), Sugar: 8.22g (9.13%), Cholesterol: 78.09mg (26.03%), Sodium:

1005.83mg (43.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.38%), Calcium: 717.44mg (71.74%), Selenium: 46.57µg (66.53%), Phosphorus: 576.59mg (57.66%), Vitamin B12: 1.94µg (32.26%), Manganese: 0.52mg (26.14%), Vitamin B2: 0.43mg (25.43%), Vitamin A: 1158.38IU (23.17%), Zinc: 3.11mg (20.75%), Magnesium: 57.57mg (14.39%), Vitamin B1: 0.19mg (12.6%), Vitamin D: 1.71µg (11.37%), Potassium: 389.87mg (11.14%), Vitamin B5: 1.02mg (10.25%), Vitamin B6: 0.2mg (9.78%), Copper: 0.17mg (8.45%), Folate: 30.34µg (7.59%), Vitamin B3: 1.51mg (7.53%), Iron: 1.34mg (7.46%), Fiber: 1.7g (6.79%), Vitamin E: 0.8mg (5.31%), Vitamin K: 2.41µg (2.29%)