



Two-cheese pasta bake

READY IN



60 min.

SERVINGS



4

CALORIES



850 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 375 g rotini pasta (pasta twists)
- ☐ 200 ml wine dry white
- ☐ 300 ml whipping cream
- ☐ 3 drops all the tabasco sauce you handle
- ☐ 100 g cheddar cheese grated
- ☐ 100 g coarsely stilton cheese crumbled
- ☐ 1 tsp sage dried
- ☐ 1 tsp thyme dried
- ☐ 4 large plum tomatoes sliced

☐ 2 tbsp parsley fresh chopped

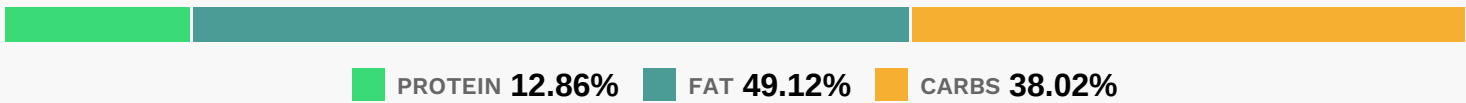
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Bring a large pan of water to the boil and cook the pasta according to pack instructions until almost tender.
- ☐ Drain and rinse under cold water, drain again, then set aside.
- ☐ In a heavy-based pan combine the wine, cream and Tabasco sauce, then gently heat. Gradually add half the cheddar and half the stilton, whisking constantly.
- ☐ Whisk in the sage and thyme and a good sprinkling of black pepper. When the mixture is smooth remove from the heat.
- ☐ Place the pasta in a buttered 1.4 litre/2 pint ovenproof dish.
- ☐ Pour the cheese and cream mixture over and sprinkle the remaining cheese on top.
- ☐ Cover with foil and bake for 30 mins.
- ☐ Remove the foil and arrange the tomato slices on top.
- ☐ Bake, uncovered, for 10 mins until the tomatoes are softened, the pasta is tender and the sauce has all been absorbed into the pasta.
- ☐ Serve immediately with a crisp winter salad and crusty bread.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:29.31, Inflammation Score:-9, Nutrition Score:24.602608805117%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 849.62kcal (42.48%), Fat: 44.52g (68.49%), Saturated Fat: 27.13g (169.56%), Carbohydrates: 77.53g (25.84%), Net Carbohydrates: 73.53g (26.74%), Sugar: 7.07g (7.85%), Cholesterol: 129.01mg (43%), Sodium: 503.73mg (21.9%), Alcohol: 5.22g (100%), Alcohol %: 1.98% (100%), Protein: 26.23g (52.47%), Selenium: 72.29µg (103.27%), Manganese: 1.03mg (51.58%), Vitamin K: 48.99µg (46.66%), Phosphorus: 458.25mg (45.83%), Vitamin A: 2251.69IU (45.03%), Calcium: 401.19mg (40.12%), Vitamin B2: 0.43mg (25.16%), Zinc: 3.3mg (22.02%), Magnesium: 81.87mg (20.47%), Copper: 0.34mg (17.17%), Potassium: 563.27mg (16.09%), Fiber: 4.01g (16.04%), Vitamin B6: 0.3mg (15.14%), Vitamin C: 12.27mg (14.87%), Iron: 2.32mg (12.88%), Vitamin B5: 1.22mg (12.18%), Folate: 48.32µg (12.08%), Vitamin B3: 2.39mg (11.94%), Vitamin B12: 0.69µg (11.51%), Vitamin D: 1.48µg (9.88%), Vitamin B1: 0.14mg (9.63%), Vitamin E: 1.44mg (9.58%)