

## Wisconsin Five-Cheese Bake

READY IN



25 min.

SERVINGS



15

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 ounce elbow macaroni
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon garlic salt
- 0.5 cup cup heavy whipping cream
- 0.5 teaspoon seasoning dried italian
- 1 cup parmesan cheese grated
- 1 cup provolone cheese shredded
- 0.5 cup ricotta cheese
- 1 cup mozzarella cheese shredded

- 0.5 cup cream sour
- 1 cup swiss cheese shredded

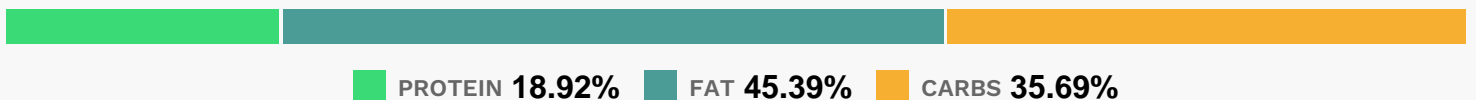
## Equipment

- bowl
- oven
- pot
- baking pan

## Directions

- Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a 9x13 inch baking dish. Bring a large pot of lightly salted water to a boil.
- Add macaroni, and cook until tender, 6 to 8 minutes.
- Drain.
- In a large bowl, toss together the mozzarella cheese, Swiss cheese, Parmesan cheese and Provolone cheese.
- Remove about 1/2 cup for topping and set aside. In a separate bowl, stir together the ricotta cheese, sour cream and heavy cream. Season with parsley, Italian seasoning and garlic salt.
- Pour the ricotta cheese mixture and drained macaroni into the bowl with the cheeses and toss lightly. Do not mix too thoroughly, it's better left messy.
- Pour into the prepared baking dish.
- Sprinkle the reserved cheese over the top.
- Bake in the preheated oven until cheese is melted, about 10 minutes, then turn the oven to broil. Broil for about 5 minutes to brown the top.

## Nutrition Facts



## Properties

Glycemic Index:9.67, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:8.3682609096817%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 278.65kcal (13.93%), Fat: 13.99g (21.53%), Saturated Fat: 8.2g (51.25%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.75g (8.64%), Sugar: 1.46g (1.62%), Cholesterol: 42.17mg (14.06%), Sodium: 331.74mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.25%), Selenium: 27.88µg (39.83%), Calcium: 265.17mg (26.52%), Phosphorus: 234.57mg (23.46%), Manganese: 0.29mg (14.59%), Zinc: 1.68mg (11.18%), Vitamin B12: 0.66µg (11.05%), Vitamin A: 470.11IU (9.4%), Vitamin B2: 0.16mg (9.23%), Magnesium: 27.24mg (6.81%), Vitamin K: 5.86µg (5.58%), Copper: 0.1mg (5.07%), Fiber: 1g (4.02%), Potassium: 130.76mg (3.74%), Vitamin B6: 0.07mg (3.65%), Iron: 0.6mg (3.32%), Vitamin B5: 0.3mg (3.01%), Vitamin B3: 0.57mg (2.86%), Folate: 10.23µg (2.56%), Vitamin B1: 0.04mg (2.55%), Vitamin E: 0.27mg (1.8%), Vitamin D: 0.25µg (1.67%)