

Three-Cheese Pasta Bake

*Celebrating Easter Together
Publix Aprons*

Servings: 8

*1 jar (15 ounce) alfredo sauce
2 cups shredded sharp cheddar cheese,
divided
1 cup shredded mozzarella cheese
1/2 cup crumbled feta cheese
1 cup whole milk
1/4 teaspoon Kosher salt
1/4 teaspoon pepper
8 ounces pasta*

Preparation Time: 10 minutes

Preheat the oven to 400 degrees.

In a pot, bring water to a boil for the pasta.

In a large bowl, combine the Alfredo sauce, one cup of cheddar cheese, mozzarella cheese, feta cheese, milk, salt and pepper.

Cook and drain the pasta following package directions.

Stir the pasta into the cheese sauce until well blended.

Transfer the pasta mixture to a two-quart baking dish. Top with the remaining cheddar cheese.

Bake for 20 to 25 minutes or until hot and bubbly. Serve.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 323 Calories; 18g Fat (49.6% calories from fat); 16g Protein; 24g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 456mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	323	Vitamin B6 (mg):	.1mg
% Calories from Fat:	49.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	30.0%	Thiamin B1 (mg):	.3mg

% Calories from Protein: 20.5%
 Total Fat (g): 18g
 Saturated Fat (g): 11g
 Monounsaturated Fat (g): 4g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 59mg
 Carbohydrate (g): 24g
 Dietary Fiber (g): 1g
 Protein (g): 16g
 Sodium (mg): 456mg
 Potassium (mg): 137mg
 Calcium (mg): 374mg
 Iron (mg): 1mg
 Zinc (mg): 2mg
 Vitamin C (mg): trace
 Vitamin A (i.u.): 509IU
 Vitamin A (r.e.): 152 1/2RE

Riboflavin B2 (mg): .4mg
 Folic Acid (mcg): 16mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 1 1/2
 Lean Meat: 1 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 2 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 323 **Calories from Fat:** 160

% Daily Values*

Total Fat	18g	27%
Saturated Fat	11g	56%
Cholesterol	59mg	20%
Sodium	456mg	19%
Total Carbohydrates	24g	8%
Dietary Fiber	1g	3%
Protein	16g	
Vitamin A		10%
Vitamin C		1%
Calcium		37%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.