



Almost Guilt Free Mac and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound elbow macaroni (elbow macaroni or small shells pasta)
- 1 medium Head cauliflower chopped (and roasted)
- 1 pound chicken breast diced (sauteed and)
- 2 tablespoons olive oil
- 5 tablespoons butter divided ()
- 3 tablespoons flour
- 1 tablespoon mustard prepared (could also use Dijon mustard)
- 3 cups soymilk
- 1 medium onion diced yellow finely ()

- 2 bay leaves
- 0.5 teaspoon paprika
- 0.5 juice of lemon juiced ()
- 0.3 teaspoon thyme leaves
- 0.5 teaspoon garlic powder
- 0.1 teaspoon pasilla peppers to taste canned (ground - can use more)
- 2 eggs
- 5 ounces goat cheese
- 5 ounces parmesan shredded
- 6 ounces swiss cheese shredded (or Swiss cheese)
- 1 cup panko bread crumbs (or other bread crumbs)
- 8 servings kosher salt
- 8 servings pepper fresh black

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- baking pan
- measuring cup

Directions

- Preheat oven to 425 degrees Farenheit.
- For Roasted Cauliflower

- Clean core and leaves from cauliflower (you do not have to have any precision when doing this). Chop cauliflower into pieces. Pieces should be roughly 1/2" - 3/4".
- Place chopped cauliflower pieces onto a baking sheet.
- Drizzle olive oil over top of cauliflower and mix to thoroughly coat pieces.
- After 20 minutes, toss cauliflower pieces to brown all sides.
- Bake for another 20 minutes or until edges are browned.
- Remove from oven and lower temperature to 350 degrees Fahrenheit.
- For Macaroni and Cheese
- In a large pot of boiling and salted water, cook pasta until it is al dente. Once done, drain.
- In another large saucepan, over medium high heat, melt 3 tablespoons of butter. Once melted, whisk in flour. Keep whisking to ensure that there are no lumps. After 5-7 minutes, the butter and flour mixture should be a light caramel color.
- Add the soy milk, bay leaves, paprika, lemon juice, thyme, garlic powder and Szechuan pepper. Stir occasionally for 10 - 15 minutes. The mixture should thicken up.
- Remove bay leaves.
- In a medium size bowl thoroughly mix eggs. Using a 1/4 cup measuring cup, slowly add milk mixture to eggs (temper the eggs). While adding the hot mixture to the eggs, make sure that you keep whisking. Once you have roughly 2 cups of the soy milk mixture in with the eggs, dump everything into the main saucepan and stir.
- Add in 3/4 of the shredded cheeses, and all of the goat cheese, and stir to combine.
- Add in the cooked, diced chicken and roasted cauliflower. Once these are combined, add the cooked pasta and stir thoroughly.
- Season with salt and pepper.
- Pour into a 9"x13" baking pan.
- Cover with remaining cheese.
- Melt 2 tablespoons of butter in a saute pan.
- Add panko bread crumbs and stir to coat all of the crumbs with butter.
- Top the mac and cheese with the panko crumbs and bake for 30 minutes.
- Let rest for 15-20 minutes before serving.
- If you really want to kick up the heat factor in this, you can add tablespoon of Sriracha hot sauce to the mix.

Nutrition Facts

PROTEIN 26.14% FAT 47.72% CARBS 26.14%

Properties

Glycemic Index:51.3, Glycemic Load:3.69, Inflammation Score:-8, Nutrition Score:29.927391304348%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Taste

Sweetness: 32.9%, Saltiness: 100%, Sourness: 28.96%, Bitterness: 36.41%, Savoriness: 56.84%, Fattiness: 81.96%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 585.11kcal (29.26%), Fat: 30.94g (47.59%), Saturated Fat: 15.47g (96.7%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 34.58g (12.58%), Sugar: 5.86g (6.52%), Cholesterol: 135.99mg (45.33%), Sodium: 863.8mg (37.56%), Protein: 38.13g (76.25%), Selenium: 56.48µg (80.69%), Calcium: 600.69mg (60.07%), Phosphorus: 541.54mg (54.15%), Vitamin C: 43.62mg (52.88%), Vitamin B3: 10.53mg (52.66%), Vitamin B6: 0.93mg (46.68%), Vitamin B12: 2.1µg (34.94%), Vitamin B2: 0.59mg (34.62%), Manganese: 0.54mg (26.97%), Folate: 103.91µg (25.98%), Vitamin A: 1209.4IU (24.19%), Vitamin E: 3.51mg (23.38%), Copper: 0.42mg (21.08%), Potassium: 715.65mg (20.45%), Zinc: 3.04mg (20.29%), Vitamin B5: 1.96mg (19.65%), Vitamin B1: 0.29mg (19.03%), Magnesium: 66.6mg (16.65%), Vitamin K: 15.81µg (15.06%), Iron: 2.66mg (14.78%), Fiber: 3.53g (14.14%), Vitamin D: 1.5µg (9.99%)