



Anne's Not-Your-Average Mac 'n Cheese



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



436 kcal

SIDE DISH

Ingredients

- ☐ 1 c broccoli florets organic
- ☐ 1.5 Tbsp brown rice flour sweet
- ☐ 1 bag tinkyada rice pasta
- ☐ 2 carrots organic
- ☐ 1.5 Tbsp earth balance spread
- ☐ 1 Tbsp oil for sautéing
- ☐ 0.5 cabbage red organic
- ☐ 1 medium onion red

- ☐ 0.5 tsp salt
- ☐ 0.8 c soy milk plain
- ☐ 1 pkg follow your heart vegan cheddar

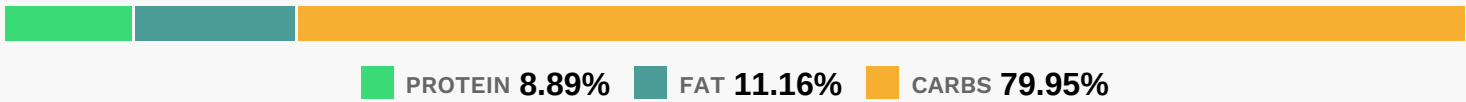
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Chop the veggies into whatever sizes and shapes you like, but small enough to fit on a fork. Shred the Follow Your Heart vegan cheddar, reserving 2 tbsp for topping. Set pasta water to boil. Make a roux by melting the Earth Balance in a small saucepan then adding the rice flour until it becomes a hot paste.
- ☐ Add ½ cup soymilk to the roux and bring to a simmer.
- ☐ Add the cheese, and 3 tbsp yeast, and stir until it melts. It will melt, eventually. If your sauce needs more liquid, add soymilk. Sauté veggies in oil, with salt and pepper, until tender, but crisp. Toss noodles and veggies with the cheese sauce in an oven-safe pan, taste for seasoning, and top with the remaining yeast and reserved vegan cheddar.
- ☐ Bake at 375 for 15–20 minutes until cheese melts. Enjoy.

Nutrition Facts



Properties

Glycemic Index:57.95, Glycemic Load:45.63, Inflammation Score:-10, Nutrition Score:19.070434746535%

Flavonoids

Cyanidin: 176.05mg, Cyanidin: 176.05mg, Cyanidin: 176.05mg, Cyanidin: 176.05mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg

Kaempferol: 1.63mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 436.32kcal (21.82%), Fat: 5.52g (8.49%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 88.96g (29.65%), Net Carbohydrates: 78.91g (28.69%), Sugar: 10.17g (11.3%), Cholesterol: 0mg (0%), Sodium: 316.27mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Vitamin A: 5265.54IU (105.31%), Vitamin C: 70.04mg (84.9%), Vitamin K: 55.92µg (53.26%), Fiber: 10.05g (40.2%), Manganese: 0.43mg (21.4%), Vitamin B6: 0.37mg (18.63%), Potassium: 433.45mg (12.38%), Vitamin E: 1.82mg (12.15%), Folate: 47.65µg (11.91%), Calcium: 110.44mg (11.04%), Vitamin B3: 2.09mg (10.45%), Vitamin B2: 0.18mg (10.31%), Vitamin B1: 0.13mg (8.58%), Iron: 1.18mg (6.56%), Magnesium: 25.91mg (6.48%), Vitamin B12: 0.38µg (6.37%), Phosphorus: 63.01mg (6.3%), Copper: 0.1mg (4.88%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.52mg (3.44%), Selenium: 1.99µg (2.85%), Vitamin D: 0.42µg (2.83%)