



## Awesome! No Bake ~ Macaroni and Cheese

READY IN



45 min.

SERVINGS



16

CALORIES



445 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bell pepper chopped
- 1 bell pepper chopped
- 1 Handful cilantro leaves chopped
- 16 ounces curd cottage cheese
- 6 cloves garlic chopped
- 0.5 cup catsup
- 1 pound .5 oz. macaroni
- 1 pound .5 oz. macaroni
- 0.5 cup milk

- 16 servings olive oil for drizzling
- 8 oz cheddar cheese shredded
- 10 ounces pkt spinach frozen
- 0.5 onion sweet chopped

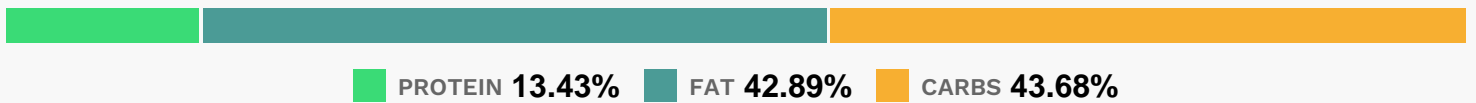
## Equipment

- food processor
- pot

## Directions

- Heat a large saucepot with a drizzle of olive oil and add the onion, garlic, bell pepper and cilantro and let saut until the onion is clear.
- Add the frozen creamed spinach and continue to saut until the spinach is thawed.
- Add the ketchup and stir, continuing to saut on low. In a food processor combine the cottage cheese, milk and 4 oz. of the shredded cheddar cheese. Process until the cottage is smooth. Prepare the macaroni as directed.
- Add the cooked macaroni to the saucepot with the sauting spinach and toss add the processed cottage cheese mixture and toss. Turn off heat. Top with the remaining 4 oz. of cheddar cheese. Cover and let the cheddar cheese melt. This takes only a second or two.

## Nutrition Facts



## Properties

Glycemic Index:15.63, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:19.926086956522%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 444.87kcal (22.24%), Fat: 21.28g (32.73%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 46.09g (16.76%), Sugar: 5.51g (6.13%), Cholesterol: 19.91mg (6.64%), Sodium: 272.33mg (11.84%), Protein: 14.98g (29.97%), Vitamin K: 96.21µg (91.63%), Selenium: 43.2µg (61.71%), Vitamin A: 2376.82IU (47.54%), Manganese: 0.73mg (36.65%), Vitamin C: 25.24mg (30.6%), Phosphorus: 243.99mg (24.4%), Vitamin E: 2.92mg (19.5%), Calcium: 169.15mg (16.92%), Folate: 61.04µg (15.26%), Magnesium: 55.1mg (13.77%), Vitamin B2: 0.22mg (12.68%), Vitamin B6: 0.23mg (11.27%), Copper: 0.22mg (10.92%), Zinc: 1.64mg (10.91%), Fiber: 2.66g (10.65%), Potassium: 347.87mg (9.94%), Iron: 1.48mg (8.22%), Vitamin B3: 1.41mg (7.06%), Vitamin B1: 0.1mg (6.43%), Vitamin B5: 0.57mg (5.7%), Vitamin B12: 0.31µg (5.22%), Vitamin D: 0.2µg (1.32%)