



Baked Macaroni with Spinach

READY IN



45 min.

SERVINGS



10

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 1 pound broccoli cut into flowerets
- ☐ 2 tablespoons butter
- ☐ 8 ounces elbow macaroni cooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 cups milk
- ☐ 16 ounce mushrooms quartered
- ☐ 0.5 medium onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoons salt divided
- ☐ 8 ounces sharp cheddar cheese shredded white divided
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup whipping cream

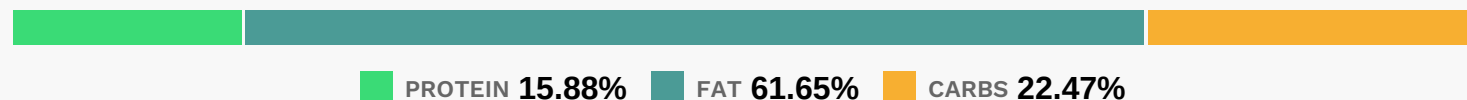
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss macaroni with vegetable oil in a large bowl.
- ☐ Cook broccoli with 1 teaspoon salt in boiling water to cover 2 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Add broccoli and spinach to macaroni in bowl.
- ☐ Melt butter in a saucepan over medium heat; add onion, and saut until tender.
- ☐ Add mushrooms; cook 5 minutes.
- ☐ Sprinkle with flour, stirring until blended. Gradually stir in milk; cook over medium heat, stirring constantly, 15 minutes.
- ☐ Add 1 1/2 cups cheese, remaining 1/2 teaspoon salt, whipping cream, pepper, and nutmeg, stirring until cheese melts. Stir into macaroni mixture; spoon into a lightly greased 13- x 9- inch baking dish.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake at 375 for 40 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:41.47, Glycemic Load:6.26, Inflammation Score:-9, Nutrition Score:21.683043396991%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 4.68mg, Kaempferol: 4.68mg, Kaempferol: 4.68mg, Kaempferol: 4.68mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 300.43kcal (15.02%), Fat: 21.23g (32.66%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 14.82g (5.39%), Sugar: 5.25g (5.83%), Cholesterol: 55.43mg (18.48%), Sodium: 579.71mg (25.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.6%), Vitamin K: 130.89µg (124.66%), Vitamin C: 46.75mg (56.67%), Vitamin A: 2634.67IU (52.69%), Vitamin B2: 0.49mg (29.08%), Selenium: 20.11µg (28.73%), Calcium: 280.36mg (28.04%), Phosphorus: 261.63mg (26.16%), Folate: 80.5µg (20.12%), Manganese: 0.38mg (19.03%), Potassium: 518.31mg (14.81%), Vitamin B5: 1.33mg (13.29%), Vitamin B6: 0.23mg (11.63%), Zinc: 1.74mg (11.61%), Vitamin B3: 2.32mg (11.59%), Magnesium: 46.1mg (11.53%), Copper: 0.23mg (11.44%), Fiber: 2.6g (10.38%), Vitamin B12: 0.56µg (9.38%), Vitamin B1: 0.14mg (9.36%), Vitamin E: 1.26mg (8.38%), Vitamin D: 1.14µg (7.63%), Iron: 1.29mg (7.16%)