



BBQ Mac and Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



1236 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup curd cottage cheese
- 0.5 cup parmesan
- 0.5 cup catsup
- 1 tsp brown sugar
- 1 tsp brown sugar
- 0.5 jalapeno
- 0.5 cup flat parsley italian
- 1.3 cup milk
- 3 cloves garlic

- 1 onion diced
- 0.8 tsp ground cumin
- 0.5 tsp salt
- 0.5 tsp pepper black
- 2 Tbs butter
- 1 cup cheddar cheese shredded your favorite
- 0.3 cup breadcrumbs italian homemade
- 1 lb .5 oz. macaroni your favorite
- 1 lb .5 oz. macaroni your favorite

Equipment

- food processor
- frying pan
- oven
- baking pan

Directions

- Prepare the macaroni as directed.
- Combine in a food processor the cottage cheese, milk, Parmesan cheese, ketchup, brown sugar, jalapeo, garlic, parsley and seasonings.
- Heat a frying pan with butter and saut the onions until softened and transparent.
- Heat another frying pan with a pat of butter; add the bread crumbs; toss and brown a bit.
- Butter a baking dish.
- Add the macaroni, the mixture from the food processor, the shredded cheese, the onions and toss.
- Top with the bread crumbs a few pats of butter and grated Parmesan cheese and a little shredded cheese.
- Bake 25 30 minutes; until slightly golden.

Nutrition Facts



■ PROTEIN 16.61% ■ FAT 20% ■ CARBS 63.39%

Properties

Glycemic Index:81.75, Glycemic Load:3.04, Inflammation Score:-9, Nutrition Score:38.267391304348%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Taste

Sweetness: 92.32%, Saltiness: 64.08%, Sourness: 52.42%, Bitterness: 47.09%, Savoriness: 100%, Fattiness: 78.81%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 1236.42kcal (61.82%), Fat: 27.3g (42%), Saturated Fat: 14.19g (88.71%), Carbohydrates: 194.66g (64.89%), Net Carbohydrates: 186.09g (67.67%), Sugar: 21.02g (23.35%), Cholesterol: 70.09mg (23.36%), Sodium: 1257.67mg (54.68%), Protein: 51.01g (102.01%), Selenium: 163.19µg (233.13%), Vitamin K: 127.09µg (121.04%), Manganese: 2.31mg (115.69%), Phosphorus: 844.46mg (84.45%), Calcium: 578.34mg (57.83%), Magnesium: 162.9mg (40.73%), Copper: 0.76mg (38.22%), Zinc: 5.43mg (36.23%), Vitamin B2: 0.59mg (34.85%), Fiber: 8.57g (34.26%), Vitamin A: 1566.59IU (31.33%), Vitamin B6: 0.56mg (27.87%), Potassium: 914.49mg (26.13%), Vitamin B3: 5.11mg (25.53%), Vitamin B1: 0.37mg (24.66%), Iron: 4.42mg (24.54%), Folate: 81.33µg (20.33%), Vitamin C: 16.05mg (19.45%), Vitamin B5: 1.88mg (18.75%), Vitamin B12: 1.12µg (18.71%), Vitamin E: 1.32mg (8.79%), Vitamin D: 1.12µg (7.49%)