



Bleu Cheese Macaroni

READY IN



25 min.

SERVINGS



6

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup cheese blue crumbled
- ☐ 2 tablespoons butter
- ☐ 2 cups elbow macaroni uncooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup bell pepper green sliced
- ☐ 0.8 cup heavy cream
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup yogurt plain

- ☐ 0.5 cup bell pepper red sliced
- ☐ 1 teaspoon salt

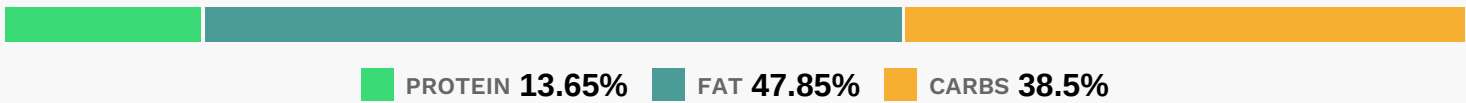
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add macaroni and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Meanwhile, in a medium saucepan over medium heat combine butter, salt, pepper and bell peppers. Simmer until heated through. Stir in cream, flour, yogurt, bleu cheese and Parmesan cheese.
- ☐ Stir cooked macaroni into cheese mixture and serve hot.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:4.37, Inflammation Score:-7, Nutrition Score:14.456521749496%

Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 466.11kcal (23.31%), Fat: 24.82g (38.18%), Saturated Fat: 15.33g (95.78%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 42.74g (15.54%), Sugar: 4.03g (4.47%), Cholesterol: 70.43mg (23.48%), Sodium: 843.44mg (36.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.85%), Selenium: 39.44µg (56.34%), Vitamin C: 26.16mg (31.71%), Phosphorus: 279.35mg (27.94%), Manganese: 0.54mg (26.84%), Calcium: 251.86mg (25.19%), Vitamin A: 1253.54IU (25.07%), Vitamin B2: 0.28mg (16.34%), Zinc: 1.91mg (12.75%), Magnesium: 42.01mg (10.5%), Folate: 39.45µg (9.86%), Vitamin B6: 0.19mg (9.75%), Fiber: 2.19g (8.78%), Copper: 0.18mg (8.76%), Vitamin B1: 0.13mg (8.76%), Vitamin B12: 0.52µg (8.63%), Vitamin B5: 0.86mg (8.62%), Potassium: 295.68mg (8.45%), Vitamin B3: 1.66mg (8.29%), Iron: 1.19mg (6.62%), Vitamin E: 0.79mg (5.28%), Vitamin D: 0.65µg (4.34%), Vitamin K: 3.87µg (3.68%)