



## Blush Mac and Cheese with Tomatoes

READY IN



29 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 ounces baby spinach leaves
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 4 servings celery and parsley salad
- ☐ 8 ounces rotini pasta uncooked
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 container grape tomatoes (1-pint)

- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups milk 1% low-fat
- ☐ 0.3 cup shallots diced
- ☐ 4 ounces sharp cheddar cheese shredded white reduced-fat
- ☐ 2 tablespoons tomato paste unsalted

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler

## Directions

- ☐ Preheat broiler to high.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, place tomatoes on a jelly-roll pan lined with foil. Broil 8 minutes or until tomatoes are beginning to blacken.
- ☐ While tomatoes cook, heat a large saucepan over medium-high heat.
- ☐ Add canola oil to pan; swirl to coat.
- ☐ Add diced shallots, minced garlic, and thyme; saut 2 minutes or until tender, stirring frequently.
- ☐ Add tomato paste; cook for 2 minutes, stirring occasionally.
- ☐ Add flour; cook 1 minute, stirring constantly. Stir in milk, black pepper, and salt; bring to a boil. Cook 4 minutes or until thick and bubbly, stirring frequently.
- ☐ Remove from heat.
- ☐ Add spinach, stirring constantly until spinach starts to wilt.
- ☐ Add shredded cheddar cheese, and stir until smooth. Stir in cooked pasta. Top with the roasted tomatoes.

## Nutrition Facts



 **PROTEIN 17.28%**  **FAT 29.91%**  **CARBS 52.81%**

Properties

Glycemic Index:107, Glycemic Load:21.01, Inflammation Score:-10, Nutrition Score:30.314347889112%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 3.15mg, Apigenin: 3.15mg, Apigenin: 3.15mg, Apigenin: 3.15mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 452.2kcal (22.61%), Fat: 15.22g (23.41%), Saturated Fat: 6.38g (39.88%), Carbohydrates: 60.46g (20.15%), Net Carbohydrates: 54.49g (19.81%), Sugar: 10.53g (11.7%), Cholesterol: 32.04mg (10.68%), Sodium: 687.29mg (29.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.58%), Vitamin K: 178.65µg (170.14%), Vitamin A: 4200.25IU (84%), Selenium: 47.95µg (68.5%), Manganese: 1.16mg (58.06%), Calcium: 402.72mg (40.27%), Phosphorus: 391.6mg (39.16%), Folate: 130.53µg (32.63%), Vitamin C: 24.1mg (29.21%), Potassium: 1000.27mg (28.58%), Vitamin B2: 0.42mg (24.78%), Magnesium: 96.59mg (24.15%), Fiber: 5.98g (23.91%), Vitamin B6: 0.45mg (22.39%), Zinc: 2.73mg (18.2%), Copper: 0.35mg (17.38%), Vitamin E: 2.44mg (16.25%), Iron: 2.62mg (14.56%), Vitamin B1: 0.2mg (13.63%), Vitamin B12: 0.75µg (12.51%), Vitamin B3: 2.38mg (11.91%), Vitamin B5: 1.06mg (10.61%), Vitamin D: 0.98µg (6.54%)