



Broccoli Mac and Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets chopped
- 2 teaspoons dijon mustard
- 8 ounces elbow macaroni uncooked
- 2 tablespoons flour all-purpose
- 1 teaspoon thyme leaves fresh chopped
- 1.5 cups milk 1% low-fat
- 1 cup cheddar cheese shredded reduced-fat
- 0.1 teaspoon salt
- 1 center-cut bacon chopped

- 1.5 teaspoons butter unsalted
- 2 teaspoons worcestershire sauce

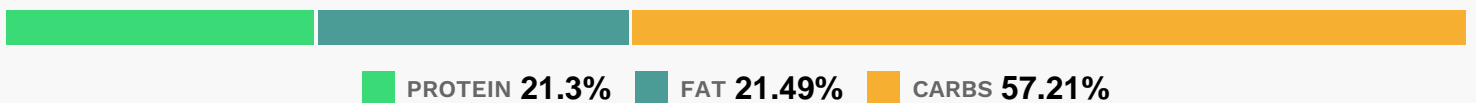
Equipment

- bowl
- frying pan
- whisk

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Add broccoli during the last minute of cooking; cook for 1 minute.
- Drain.
- Combine milk and next 5 ingredients (through salt) in a medium bowl, stirring with a whisk until smooth.
- Heat a large skillet over medium-high heat.
- Add bacon; cook 4 minutes or until crisp.
- Add butter to pan; swirl until butter melts.
- Add milk mixture to pan; bring to a boil. Cook 1 minute, stirring frequently. Stir in cheese.
- Add pasta mixture to pan, stirring to coat.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:19.476086906765%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 381.71kcal (19.09%), Fat: 9.07g (13.95%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 54.3g (18.1%), Net Carbohydrates: 51.02g (18.55%), Sugar: 7.17g (7.97%), Cholesterol: 20.33mg (6.78%), Sodium: 424.9mg (18.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Selenium: 46.89µg (66.99%), Vitamin C: 41.79mg (50.65%), Vitamin K: 46.93µg (44.7%), Phosphorus: 387.57mg (38.76%), Manganese: 0.67mg (33.28%), Calcium: 270.36mg (27.04%), Vitamin B2: 0.31mg (18.11%), Magnesium: 59.08mg (14.77%), Potassium: 482.67mg (13.79%), Zinc: 2.05mg (13.64%), Vitamin B1: 0.2mg (13.24%), Fiber: 3.28g (13.1%), Folate: 51.31µg (12.83%), Vitamin B6: 0.26mg (12.75%), Vitamin B12: 0.73µg (12.11%), Vitamin A: 593.49IU (11.87%), Copper: 0.21mg (10.66%), Vitamin B3: 2mg (9.99%), Vitamin B5: 0.95mg (9.54%), Iron: 1.69mg (9.37%), Vitamin D: 1.07µg (7.11%), Vitamin E: 0.55mg (3.65%)