



Broccoli Mac and Cheese Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



366 kcal

SIDE DISH

Ingredients

- 2 ounces asiago cheese grated
- 0.3 teaspoon pepper black freshly ground
- 1 pound broccoli florets
- 1.5 ounces flour all-purpose
- 4 ounces fontina shredded
- 2 garlic cloves minced
- 1 Dash ground nutmeg
- 0.1 teaspoon ground pepper red
- 3.8 cups milk 1% low-fat divided

- 1 tablespoon olive oil divided
- 0.3 cup onion finely chopped
- 12 ounces seashell pasta uncooked
- 1.3 teaspoons salt
- 2 ounce bread white

Equipment

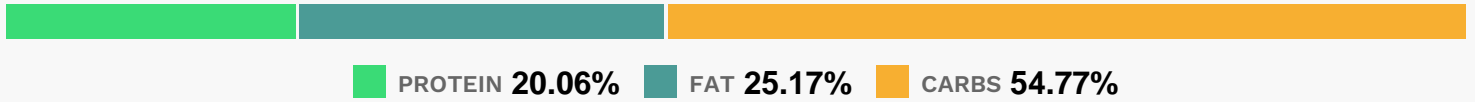
- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- measuring cup
- dutch oven

Directions

- Preheat oven to 40
- Cook pasta in boiling water 8 minutes; add broccoli. Cook 3 minutes or until pasta is done.
- Drain.
- Heat 2 teaspoons oil in a Dutch oven over medium heat.
- Add garlic to pan; cook 45 seconds.
- Transfer garlic mixture to a small bowl; set aside.
- Add remaining 1 teaspoon oil to pan; stir in onion. Cook 1 minute, stirring frequently.
- Remove from heat; stir in 3 cups milk. Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine the remaining 3/4 cup milk and flour in a small bowl, stirring with a whisk.

- Add flour mixture to onion mixture. Return pan to medium-high heat, stirring constantly with a whisk; bring to a boil. Cook 1 minute or until thick, stirring constantly with a whisk.
- Remove from heat; stir in the cheeses, salt, black pepper, red pepper, and nutmeg.
- Add pasta mixture to milk mixture, tossing gently to coat.
- Pour mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Combine garlic mixture and bread in a food processor; pulse 15 times or until fine crumbs measure 1 cup.
- Sprinkle breadcrumb mixture over pasta mixture.
- Bake at 400 for 18 minutes or until the top is brown.

Nutrition Facts



Properties

Glycemic Index:58.6, Glycemic Load:19.28, Inflammation Score:-7, Nutrition Score:20.930434828219%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 4.49mg, Kaempferol: 4.49mg, Kaempferol: 4.49mg, Kaempferol: 4.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 366.18kcal (18.31%), Fat: 10.26g (15.79%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 46.92g (17.06%), Sugar: 8.58g (9.54%), Cholesterol: 26.79mg (8.93%), Sodium: 689.08mg (29.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.8%), Vitamin C: 51.33mg (62.22%), Vitamin K: 59.73µg (56.88%), Selenium: 37.86µg (54.09%), Calcium: 356.28mg (35.63%), Phosphorus: 347.25mg (34.73%), Manganese: 0.63mg (31.41%), Vitamin B2: 0.35mg (20.33%), Vitamin B12: 1µg (16.63%), Folate: 65.96µg (16.49%), Vitamin A: 768.57IU (15.37%), Vitamin B1: 0.23mg (15.34%), Magnesium: 57.15mg (14.29%), Zinc: 2.12mg (14.16%), Potassium: 494.19mg (14.12%), Vitamin B6: 0.27mg (13.58%), Fiber: 3.32g (13.28%), Vitamin B5: 1.08mg (10.75%), Vitamin B3: 1.92mg (9.6%), Copper: 0.18mg (9.07%), Vitamin D: 1.34µg (8.92%), Iron: 1.59mg (8.86%), Vitamin E: 0.85mg (5.65%)