



Broccoli Macaroni and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce broccoli frozen thawed coarsely chopped
- ☐ 0.3 cup butter divided
- ☐ 8 ounce cheddar-american cheese blend shredded
- ☐ 8 ounces elbow macaroni cooked
- ☐ 0.3 cup breadcrumbs or dry grated fine
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 cups milk
- ☐ 0.5 teaspoon salt

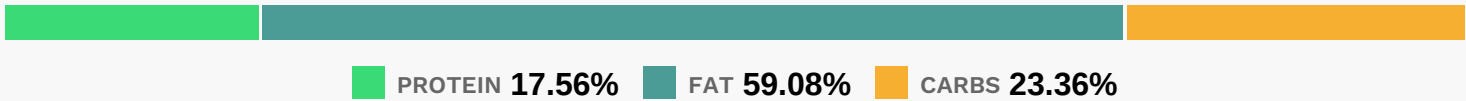
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt 2 tablespoons butter in a large saucepan over medium heat, and whisk in all-purpose flour; cook, whisking constantly, 2 minutes.
- ☐ Whisk in milk gradually; cook, whisking constantly, 5 minutes or until mixture thickens.
- ☐ Remove from heat.
- ☐ Add shredded cheese, salt, and pepper, stirring until cheese melts. Stir in broccoli and pasta.
- ☐ Pour into a lightly greased 11- x 7-inch baking dish.
- ☐ Sprinkle with breadcrumbs; dot with remaining 2 tablespoons butter.
- ☐ Bake at 350 for 25 to 30 minutes.
- ☐ To lighten: Substitute equal portions reduced-calorie margarine, 2% reduced-fat milk, and 2% reduced-fat shredded sharp Cheddar cheese, and reduce salt to 1/4 teaspoon. Cook as directed, and pour into baking dish. Stir together remaining margarine, melted, and breadcrumbs; sprinkle over pasta mixture.
- ☐ Bake as directed, and let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.71, Glycemic Load:6.86, Inflammation Score:-7, Nutrition Score:12.747391369032%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 280.19kcal (14.01%), Fat: 18.59g (28.61%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 15.05g (5.47%), Sugar: 3.8g (4.22%), Cholesterol: 38.39mg (12.8%), Sodium: 487.53mg (21.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Vitamin C: 31.65mg (38.36%), Vitamin K: 37.09µg (35.33%), Calcium: 324.27mg (32.43%), Selenium: 19.28µg (27.55%), Phosphorus: 254.84mg (25.48%), Vitamin A: 897.43IU (17.95%), Vitamin B2: 0.28mg (16.43%), Zinc: 1.73mg (11.53%), Vitamin B12: 0.68µg (11.32%), Manganese: 0.19mg (9.37%), Folate: 33.99µg (8.5%), Magnesium: 29.29mg (7.32%), Potassium: 249.18mg (7.12%), Vitamin B6: 0.14mg (6.87%), Vitamin B5: 0.6mg (6.04%), Vitamin B1: 0.09mg (5.97%), Fiber: 1.49g (5.96%), Vitamin D: 0.86µg (5.71%), Vitamin E: 0.78mg (5.22%), Iron: 0.55mg (3.06%), Copper: 0.06mg (2.99%), Vitamin B3: 0.54mg (2.68%)