



Butternut macaroni cheese

READY IN



50 min.

SERVINGS



4

CALORIES



850 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large butternut squash peeled cut into 2½ cm/1in chunks
- ☐ 2 tsp olive oil
- ☐ 300 g .5 oz. macaroni
- ☐ 50 g butter
- ☐ 50 g flour plain
- ☐ 1 tsp dijon mustard english
- ☐ 500 ml milk
- ☐ 200 g extra sharp cheddar cheese grated
- ☐ 50 g parmesan grated

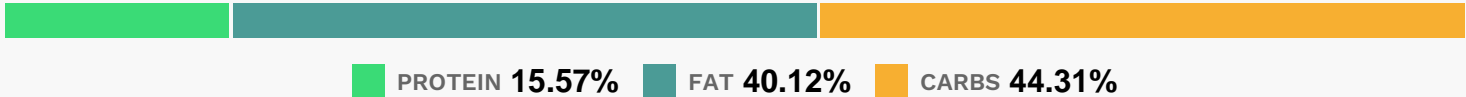
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Toss the squash with the olive oil and some seasoning, and roast on a baking sheet for 15–20 mins until tender. Meanwhile, cook the macaroni following pack instructions, then drain.
- ☐ Melt the butter in a pan and stir in the flour and mustard powder to make a paste. Gradually whisk in the milk and simmer to thicken to a smooth sauce, stirring constantly.
- ☐ Take the sauce off the heat and mash in a third of the squash with the cheddar and half the Parmesan. Season, then stir in the drained macaroni with the remaining squash. Tip into an ovenproof dish, scatter with the remaining Parmesan and bake for 15 mins until golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:9.63, Inflammation Score:-10, Nutrition Score:36.063043718753%

Nutrients (% of daily need)

Calories: 850.43kcal (42.52%), Fat: 38.33g (58.98%), Saturated Fat: 21.06g (131.62%), Carbohydrates: 95.27g (31.76%), Net Carbohydrates: 88.79g (32.29%), Sugar: 12.8g (14.22%), Cholesterol: 100.84mg (33.61%), Sodium: 775.16mg (33.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.48g (66.97%), Vitamin A: 21051.09IU (421.02%), Selenium: 72.1µg (103.02%), Calcium: 770.71mg (77.07%), Phosphorus: 666.08mg (66.61%), Manganese: 1.16mg (58.22%), Vitamin C: 39.38mg (47.73%), Magnesium: 140.97mg (35.24%), Vitamin B2: 0.59mg (34.61%), Potassium: 1087.02mg (31.06%), Vitamin B1: 0.45mg (29.69%), Zinc: 4.14mg (27.63%), Vitamin B6: 0.53mg (26.28%), Fiber: 6.49g (25.95%), Vitamin E: 3.87mg (25.81%), Folate: 98.75µg (24.69%), Vitamin B12: 1.4µg (23.29%), Vitamin B3: 4.46mg (22.32%), Copper: 0.39mg (19.58%), Vitamin B5: 1.89mg (18.86%), Iron: 3.07mg (17.03%), Vitamin D: 1.78µg (11.87%), Vitamin K: 6.2µg (5.91%)