



## Carrot and Cauliflower Mac and Cheese

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



947 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 lb carrots cut into chunks
- 0.5 lb cauliflower
- 1 tablespoon olive oil
- 1 serving salt and pepper
- 0.5 cup water
- 13.3 oz fusilli whole wheat
- 0.3 cup butter
- 0.8 cup onion chopped

- 1 clove garlic finely chopped
- 3 tablespoons flour all-purpose
- 2 cups milk
- 12 oz cheddar cheese shredded extra-sharp

## Equipment

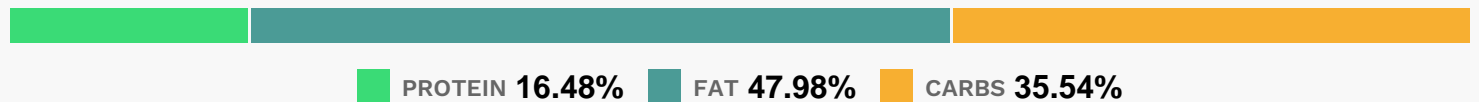
- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- baking pan
- dutch oven

## Directions

- Heat oven to 400°F. In medium bowl, place carrots and cauliflower.
- Drizzle with olive oil and sprinkle with salt and pepper to taste; gently mix.
- Place in single layer on ungreased cookie sheet.
- Roast about 20 minutes, stirring once or twice, until vegetables are soft and browned.
- Remove from oven. Set oven control to broil.
- In food processor, place roasted vegetables. Cover; process with on-and-off pulses until pureed. (
- Mixture will not be completely smooth, but no large pieces should remain.)
- Add water; puree until almost smooth. Set aside.
- In 4-quart Dutch oven or stockpot, cook fusilli in boiling salted water as directed on box.
- Drain; return to fusilli Dutch oven.
- Meanwhile, in 12-inch skillet, melt butter.
- Add onions; cook and stir 4 minutes. Stir in garlic; cook 1 minute.

- Sprinkle flour over onion and garlic; stir with whisk to combine. Cook about 1 minute. Slowly beat in milk. Cook until thickened and bubbly. Stir in 2 1/2 cups of the cheese; cook and stir until melted. Stir in vegetable puree.
- Pour cheese mixture over cooked fusilli; stir to combine. Divide mixture evenly among 4 to 6 individual ovenproof ceramic baking dishes or into shallow 3-quart ceramic baking dish.
- Sprinkle remaining 1/2 cup cheese evenly over tops.
- Broil about 6 inches from heat 2 to 3 minutes or just until cheese is melted.

## Nutrition Facts



### Properties

Glycemic Index:81.46, Glycemic Load:8.86, Inflammation Score:-10, Nutrition Score:27.594782559768%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

### Nutrients (% of daily need)

Calories: 946.92kcal (47.35%), Fat: 50.09g (77.06%), Saturated Fat: 26.86g (167.9%), Carbohydrates: 83.47g (27.82%), Net Carbohydrates: 71.62g (26.04%), Sugar: 14.04g (15.6%), Cholesterol: 130.19mg (43.4%), Sodium: 801.37mg (34.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.72g (77.44%), Vitamin A: 10877.18IU (217.54%), Calcium: 796mg (79.6%), Phosphorus: 576.86mg (57.69%), Fiber: 11.85g (47.4%), Selenium: 29.09µg (41.56%), Vitamin C: 33.13mg (40.16%), Vitamin B2: 0.65mg (38.35%), Zinc: 4.03mg (26.84%), Vitamin B12: 1.58µg (26.41%), Vitamin K: 21.93µg (20.89%), Folate: 77.39µg (19.35%), Potassium: 655.73mg (18.74%), Vitamin B6: 0.36mg (18.19%), Vitamin B1: 0.22mg (14.59%), Magnesium: 57.92mg (14.48%), Vitamin B5: 1.42mg (14.21%), Manganese: 0.27mg (13.6%), Vitamin E: 1.96mg (13.08%), Vitamin D: 1.85µg (12.35%), Vitamin B3: 1.4mg (6.98%), Copper: 0.1mg (5.19%), Iron: 0.9mg (5.02%)