



Carrot Macaroni and Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound carrots peeled thinly sliced
- ☐ 1 null juice of orange with a vegetable peeler
- ☐ 9 ounces penne rigate
- ☐ 4 servings salt
- ☐ 1.5 cups sharp cheddar cheese shredded
- ☐ 1 tablespoon tarragon chopped
- ☐ 4 servings pepper white freshly ground

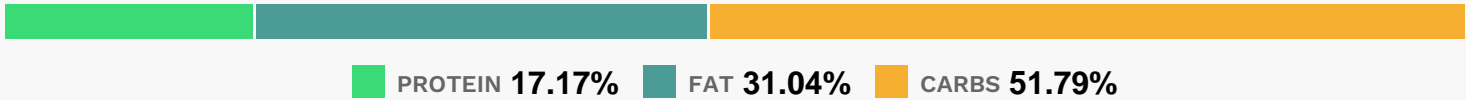
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat the oven to 35
- ☐ In a medium saucepan, combine the carrots with the zest and juice and 1/4 cup of water. Season with salt and bring to a boil. Cover and simmer over moderate heat until the carrots are very soft, about 30 minutes. Discard the zest.
- ☐ Transfer the carrots and any liquid to a blender and puree until very smooth.
- ☐ Meanwhile, in a large saucepan of boiling salted water, cook the pasta until al dente.
- ☐ Drain the pasta, reserving 1 cup of the cooking water.
- ☐ Return the pasta to the pot.
- ☐ Add the reserved water and the carrot puree and cook over moderate heat, stirring frequently, until the pasta is coated with a thickened sauce, about 5 minutes. Stir in three-fourths of the cheese and cook, stirring, until very creamy, 2 to 3 minutes longer. Stir in the tarragon and season with salt and white pepper.
- ☐ Transfer the pasta to a medium baking dish and top with the remaining cheese.
- ☐ Bake until the cheese is melted and lightly browned, about 20 minutes.
- ☐ Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.46, Glycemic Load:22.65, Inflammation Score:-10, Nutrition Score:21.325652267622%

Flavonoids

Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 455.61kcal (22.78%), Fat: 15.74g (24.22%), Saturated Fat: 8.39g (52.41%), Carbohydrates: 59.09g (19.7%), Net Carbohydrates: 54.01g (19.64%), Sugar: 5.9g (6.55%), Cholesterol: 42.38mg (14.13%), Sodium: 534.62mg (23.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Vitamin A: 14706.93IU (294.14%), Selenium: 52.53µg (75.04%), Manganese: 0.94mg (46.84%), Calcium: 366.51mg (36.65%), Phosphorus: 353.46mg (35.35%), Fiber: 5.08g (20.33%), Zinc: 2.75mg (18.33%), Vitamin B2: 0.3mg (17.68%), Magnesium: 63.36mg (15.84%), Potassium: 501.79mg (14.34%), Vitamin B6: 0.28mg (14.08%), Copper: 0.27mg (13.34%), Vitamin K: 12.31µg (11.72%), Iron: 2.01mg (11.14%), Vitamin B3: 2.1mg (10.52%), Folate: 41.62µg (10.4%), Vitamin B1: 0.13mg (8.72%), Vitamin C: 6.46mg (7.83%), Vitamin B12: 0.45µg (7.49%), Vitamin B5: 0.68mg (6.83%), Vitamin E: 0.95mg (6.33%), Vitamin D: 0.25µg (1.69%)