



Cheesy Broccoli Macaroni

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup broccoli frozen chopped
- 3 bacon crumbled cooked
- 2.5 cups elbow macaroni uncooked
- 8 ounces processed cheese food cubed (Velveeta)

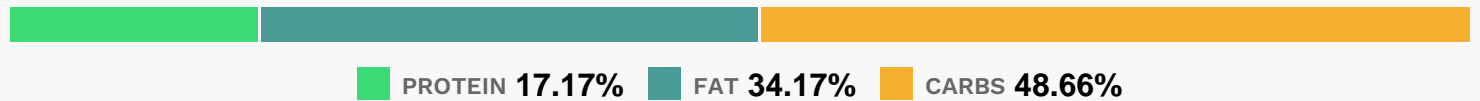
Equipment

- bowl
- sauce pan

Directions

- Cook macaroni according to package directions. Meanwhile, in a large saucepan, cook broccoli according to package directions until crisp-tender; drain.
- Add the cheese; cook and stir over medium-low heat until cheese is melted.
- Drain macaroni; transfer to a large bowl. Stir in the cheese mixture.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:21.377826079078%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 570.54kcal (28.53%), Fat: 21.53g (33.13%), Saturated Fat: 11.23g (70.16%), Carbohydrates: 69g (23%), Net Carbohydrates: 65.62g (23.86%), Sugar: 3.99g (4.44%), Cholesterol: 62.64mg (20.88%), Sodium: 1060.75mg (46.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.69%), Selenium: 70.35µg (100.49%), Calcium: 621.88mg (62.19%), Phosphorus: 566.62mg (56.66%), Manganese: 0.87mg (43.66%), Vitamin C: 19.62mg (23.79%), Vitamin K: 24µg (22.86%), Zinc: 2.92mg (19.46%), Magnesium: 67.6mg (16.9%), Vitamin B12: 0.92µg (15.26%), Copper: 0.3mg (14.8%), Vitamin A: 675.09IU (13.5%), Fiber: 3.37g (13.49%), Vitamin B2: 0.22mg (13.23%), Vitamin B3: 2.3mg (11.51%), Vitamin B6: 0.23mg (11.27%), Potassium: 369.43mg (10.56%), Iron: 1.71mg (9.51%), Vitamin B1: 0.14mg (9.1%), Folate: 34.15µg (8.54%), Vitamin B5: 0.8mg (7.99%), Vitamin E: 0.75mg (4.98%), Vitamin D: 0.36µg (2.43%)