



## Cheesy Noodles With Corn

READY IN



45 min.

SERVINGS



5

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 cups wide egg noodles cooked uncooked ( )
- 10 ounce whole-kernel corn frozen thawed
- 3 tablespoons flour all-purpose
- 0.5 cup green onions chopped
- 2 cups milk 1% low-fat
- 2 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper
- 16 ounce processed cheese light cubed (such as Velveeta )

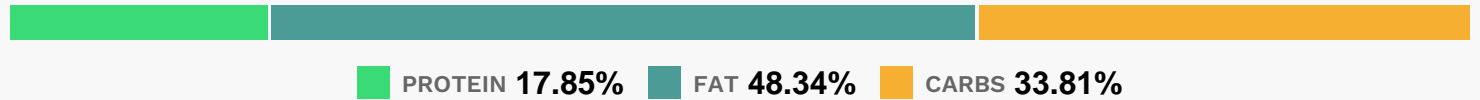
## Equipment

- bowl
- sauce pan
- oven
- whisk

## Directions

- Preheat oven to 45
- Place flour in a medium saucepan. Gradually add milk; stir with a whisk until blended. Bring to a boil over medium heat. Cook 6 minutes or until thick; stir constantly.
- Add pepper and processed cheese; cook 2 minutes or until cheese melts. Stir constantly.
- Combine cheese sauce, noodles, onions, and corn in a bowl. Spoon into a 2-quart casserole coated with cooking spray; sprinkle with Parmesan.
- Bake at 450 for 10 minutes or until bubbly. Broil 3 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:43.2, Glycemic Load:18.89, Inflammation Score:-7, Nutrition Score:24.415652358014%

## Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 620.04kcal (31%), Fat: 33.7g (51.85%), Saturated Fat: 17.91g (111.96%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 49.97g (18.17%), Sugar: 10.01g (11.12%), Cholesterol: 134.3mg (44.77%), Sodium: 1712.06mg (74.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28g (56%), Calcium: 1110.01mg (111%), Phosphorus: 823.5mg (82.35%), Selenium: 53.53µg (76.47%), Vitamin B12: 2.08µg (34.65%), Manganese: 0.57mg (28.45%), Vitamin B2: 0.46mg (26.93%), Zinc: 3.84mg (25.58%), Vitamin A: 1212.26IU (24.25%), Vitamin K: 23.36µg (22.25%), Magnesium: 73.03mg (18.26%), Folate: 53.86µg (13.46%), Vitamin B5: 1.28mg (12.79%), Potassium: 430.75mg (12.31%), Fiber: 3.08g (12.31%), Vitamin D: 1.72µg (11.47%), Vitamin B1: 0.17mg (11.22%), Iron: 1.87mg (10.38%), Copper:

0.2mg (10.19%), Vitamin B6: 0.2mg (9.77%), Vitamin B3: 1.58mg (7.88%), Vitamin E: 1.08mg (7.21%), Vitamin C:  
2.79mg (3.38%)