



WHATSheATE



Chimichurri Mac and Cheese

READY IN



32 min.

SERVINGS



4

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings glazed baby carrots
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 0.8 cup cilantro stems fresh chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 cup flat-leaf parsley stems fresh chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons cilantro leaves fresh
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 8 garlic cloves crushed

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.3 cups milk 1% low-fat
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 cup oregano leaves fresh
- ☐ 2 ounces processed cheese light cubed (such as Velveeta)
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup cheddar cheese shredded extra-sharp divided
- ☐ 8 ounces ziti rigate uncooked

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, combine milk, stock, flour, and salt in a medium saucepan, stirring with a whisk. Bring to a boil over medium heat; cook 1 minute or until thickened.
- ☐ Let stand 5 minutes.
- ☐ Add 2 ounces shredded cheddar and processed cheese, stirring until smooth.
- ☐ Heat a 10-inch cast-iron skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion, oregano, thyme, pepper, and garlic; cook 3 minutes, stirring occasionally.
- ☐ Combine onion mixture, parsley stems, cilantro stems, and lime juice in a food processor; pulse until coarsely chopped.

- ☐
- Combine pasta, milk mixture, and parsley mixture.

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Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:22.05, Inflammation Score:-10, Nutrition Score:32.490000082099%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg

Nutrients (% of daily need)

Calories: 495.2kcal (24.76%), Fat: 14.74g (22.67%), Saturated Fat: 7.21g (45.07%), Carbohydrates: 70.54g (23.51%), Net Carbohydrates: 63.13g (22.96%), Sugar: 12.73g (14.15%), Cholesterol: 38.5mg (12.83%), Sodium: 705.42mg (30.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.47%), Vitamin A: 13853.12IU (277.06%), Vitamin K: 285µg (271.43%), Selenium: 50.83µg (72.62%), Manganese: 1.07mg (53.51%), Calcium: 515.48mg (51.55%), Phosphorus: 445.1mg (44.51%), Vitamin C: 33.12mg (40.15%), Fiber: 7.42g (29.67%), Iron: 4.62mg (25.66%), Vitamin B2: 0.43mg (25.1%), Folate: 94.32µg (23.58%), Vitamin B6: 0.46mg (22.87%), Potassium: 789.85mg (22.57%), Magnesium: 85.36mg (21.34%), Copper: 0.4mg (19.91%), Zinc: 2.87mg (19.12%), Vitamin B3: 3.34mg (16.69%), Vitamin B1: 0.25mg (16.34%), Vitamin B12: 0.86µg (14.37%), Vitamin B5: 1.22mg (12.2%), Vitamin E: 1.32mg (8.78%), Vitamin D: 1.01µg (6.73%)