



Creamy cheese & tomato macaroni

READY IN



17 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 300 g macaroni
- ☐ 25 g sundried tomato drained roughly chopped in oil
- ☐ 2 tbsp crème fraîche
- ☐ 1 tbsp tomato purée
- ☐ 1 tbsp parmesan grated

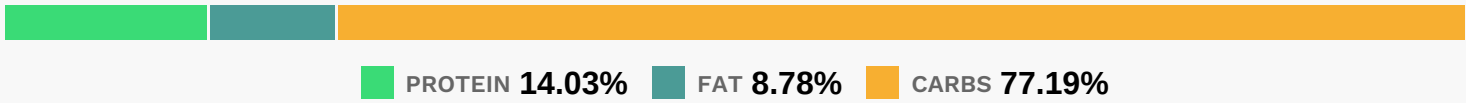
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Boil the pasta. Meanwhile, in a small food processor, blitz together the tomatoes, crme frache and tomato pure into a sauce. (If you dont have a small processor, finely chop the tomatoes, then mix everything together.)
- ☐ Drain the pasta, saving a little of the cooking water, then return to the pan with the tomato sauce and half the cheese.
- ☐ Mix together until all the pasta is coated, then serve as a side dish, sprinkled with the remaining cheese.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:9.0973913828316%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 315.3kcal (15.76%), Fat: 3.03g (4.66%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 59.89g (19.96%), Net Carbohydrates: 57.24g (20.81%), Sugar: 2.68g (2.98%), Cholesterol: 4.39mg (1.46%), Sodium: 70.36mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.77%), Selenium: 47.93µg (68.47%), Manganese: 0.7mg (34.77%), Phosphorus: 156.59mg (15.66%), Copper: 0.23mg (11.49%), Fiber: 2.65g (10.62%), Magnesium: 41.82mg (10.45%), Zinc: 1.13mg (7.51%), Iron: 1.3mg (7.23%), Vitamin B3: 1.34mg (6.71%), Vitamin B6: 0.12mg (5.76%), Potassium: 193.46mg (5.53%), Calcium: 50.72mg (5.07%), Vitamin B1: 0.07mg (4.68%), Vitamin B2: 0.06mg (3.67%), Vitamin B5: 0.37mg (3.67%), Folate: 14.39µg (3.6%), Vitamin A: 85.39IU (1.71%), Vitamin E: 0.19mg (1.25%)