



Creamy, Light Macaroni and Cheese

READY IN



85 min.

SERVINGS



8

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups butternut squash cubed peeled (1 [1-pound] squash)
- ☐ 1 pound pasta uncooked
- ☐ 1.5 cups skim milk fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic clove peeled
- ☐ 2 tablespoons greek yogurt plain fat-free
- ☐ 5 ounces gruyere cheese shredded
- ☐ 1 teaspoon kosher salt

- ☐ 1.3 cups beef broth fat-free
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 ounce parmesan fresh divided finely grated
- ☐ 4 ounces pecorino cheese grated

Equipment

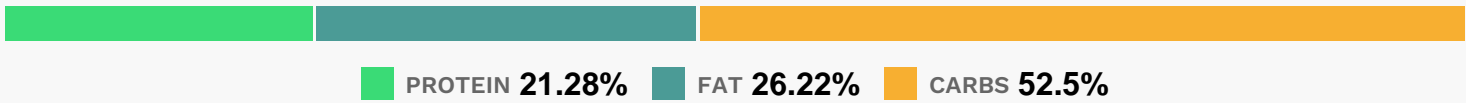
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine squash, broth, milk, and garlic in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium, and simmer until squash is tender when pierced with a fork, about 25 minutes.
- ☐ Remove from heat.
- ☐ Place the hot squash mixture in a blender.
- ☐ Add salt, pepper, and Greek yogurt.
- ☐ Remove the center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Place blended squash mixture in a bowl; stir in Gruyere, pecorino Romano, and 2 tablespoons Parmigiano-Reggiano. Stir until combined.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain well.
- ☐ Add pasta to squash mixture, and stir until combined.

- ☐ Spread mixture evenly into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Heat oil in a medium skillet over medium heat.
- ☐ Add panko, and cook for 2 minutes or until golden brown.
- ☐ Remove from heat; stir in remaining 2 tablespoons Parmigiano-Reggiano cheese.
- ☐ Sprinkle evenly over the hot pasta mixture. Lightly coat topping with cooking spray.
- ☐ Bake at 375 for 25 minutes or until bubbly.
- ☐ Sprinkle with parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.91, Glycemic Load:18.03, Inflammation Score:-10, Nutrition Score:21.386521712593%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 417.18kcal (20.86%), Fat: 12.13g (18.66%), Saturated Fat: 6.67g (41.68%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 51.53g (18.74%), Sugar: 5.56g (6.17%), Cholesterol: 38.21mg (12.74%), Sodium: 766.67mg (33.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.3%), Vitamin A: 6014.08IU (120.28%), Selenium: 43.87µg (62.67%), Calcium: 483.98mg (48.4%), Phosphorus: 426.37mg (42.64%), Manganese: 0.7mg (34.98%), Vitamin K: 18.65µg (17.76%), Magnesium: 70.1mg (17.52%), Zinc: 2.34mg (15.57%), Vitamin C: 12.59mg (15.26%), Potassium: 515.67mg (14.73%), Vitamin B2: 0.25mg (14.47%), Vitamin B12: 0.79µg (13.18%), Fiber: 3.11g (12.45%), Vitamin B1: 0.19mg (12.41%), Vitamin B6: 0.24mg (11.76%), Copper: 0.23mg (11.47%), Vitamin B3: 1.96mg (9.82%), Iron: 1.55mg (8.6%), Folate: 34.15µg (8.54%), Vitamin B5: 0.84mg (8.37%), Vitamin E: 0.99mg (6.62%), Vitamin D: 0.7µg (4.67%)