



Four-Cheese Pasta with Cauliflower

READY IN



45 min.

SERVINGS



7

CALORIES



236 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cauliflower steamed chopped ()
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons cream cheese light
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 0.3 cup parmesan shredded
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cheddar shredded

- ☐ 1.3 cups skim milk
- ☐ 4 cups spiral pasta whole-wheat cooked
- ☐ 1.5 tablespoons flour whole-wheat

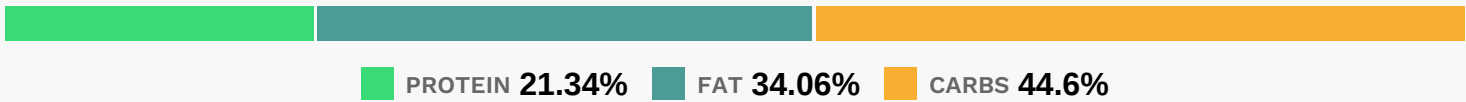
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, combine milk, cream cheese, flour,salt, pepper, garlic powder and cayenne, if desired. Cook overmedium-high heat, stirring, until mixture comes to a slowboil, 5 to 7 minutes.
- ☐ Remove pan from heat; stir in remainingcheeses and mustard until cheese melts. In a bowl, tosspasta with cauliflower; pour cheese mixture over top; stir.Divide pasta evenly among 7 bowls; serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:10.59, Inflammation Score:-4, Nutrition Score:9.8547825865124%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 236.07kcal (11.8%), Fat: 8.93g (13.74%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 24.33g (8.85%), Sugar: 3.5g (3.89%), Cholesterol: 25.35mg (8.45%), Sodium: 314.48mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.19%), Selenium: 25.42µg (36.32%), Calcium: 264.36mg (26.44%), Phosphorus: 227.21mg (22.72%), Manganese: 0.34mg (16.9%), Vitamin C: 13.77mg (16.7%),

Vitamin B2: 0.2mg (11.5%), Zinc: 1.47mg (9.81%), Vitamin B12: 0.53µg (8.86%), Fiber: 1.98g (7.93%), Magnesium: 31.42mg (7.85%), Vitamin B6: 0.14mg (6.95%), Folate: 27.67µg (6.92%), Vitamin A: 324.96IU (6.5%), Iron: 1.17mg (6.48%), Potassium: 225.99mg (6.46%), Vitamin B5: 0.55mg (5.53%), Vitamin K: 5.18µg (4.93%), Copper: 0.1mg (4.81%), Vitamin B1: 0.07mg (4.59%), Vitamin D: 0.63µg (4.22%), Vitamin B3: 0.57mg (2.86%), Vitamin E: 0.21mg (1.38%)