



Goat Cheese, Roasted Red Pepper and Kalamata Olive Mac n Cheese

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



526 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce artichoke hearts drained quartered canned
- 6 tablespoons butter
- 0.5 cup feta crumbled
- 6 tablespoons flour
- 2 cloves garlic chopped
- 8 ounces goat cheese
- 0.3 cup kalamata olives pitted coarsely chopped

- 3 cups milk
- 1 cup mozzarella cheese grated
- 1 teaspoon oregano
- 1 pound soup noodles
- 0.3 teaspoon pepper
- 3 large roasted peppers red cut into bite sized pieces

Equipment

- sauce pan
- oven
- baking pan

Directions

- Start cooking the pasta as directed on the package. Melt the butter in a saucepan over medium heat until it is bubbling and it has turned a light golden brown.
- Mix in the flour and garlic and let simmer until it returns to a light golden brown.
- Mix in the milk, pepper, oregano and goat cheese and heat until the goat cheese has melted and the sauce has thickened.
- Mix the pasta, sauce, roasted red peppers, kalamata olives, artichoke hearts and feta and pour the mixture into a baking dish.
- Sprinkle the mozzarella on top.
- Bake in a preheated 350F oven until golden brown on the top and bubbling on the sides, about 30-40 minutes.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:22.01, Inflammation Score:-7, Nutrition Score:16.638260924298%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 525.52kcal (26.28%), Fat: 24.18g (37.2%), Saturated Fat: 14.58g (91.14%), Carbohydrates: 54.79g (18.26%), Net Carbohydrates: 51.56g (18.75%), Sugar: 6.78g (7.54%), Cholesterol: 66mg (22%), Sodium: 857.01mg (37.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.78%), Selenium: 44.36µg (63.38%), Phosphorus: 366.46mg (36.65%), Manganese: 0.65mg (32.62%), Calcium: 297.93mg (29.79%), Vitamin B2: 0.42mg (24.99%), Copper: 0.41mg (20.63%), Vitamin A: 931.07IU (18.62%), Vitamin B12: 1.04µg (17.39%), Zinc: 2.21mg (14.71%), Vitamin B6: 0.29mg (14.65%), Magnesium: 54.55mg (13.64%), Fiber: 3.23g (12.91%), Vitamin B1: 0.19mg (12.79%), Iron: 1.9mg (10.58%), Vitamin B5: 0.94mg (9.39%), Potassium: 325.07mg (9.29%), Vitamin B3: 1.73mg (8.65%), Vitamin C: 6.69mg (8.11%), Vitamin D: 1.21µg (8.09%), Folate: 31.17µg (7.79%), Vitamin E: 0.66mg (4.38%), Vitamin K: 3.81µg (3.63%)