


4%
HEALTH SCORE

Good For You Macaroni and Cheese

READY IN



90 min.

SERVINGS



15

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 0.5 cup garbanzo beans canned rinsed drained
- 0.5 cup breadcrumbs dry
- 16 ounce elbow macaroni
- 12 fluid ounce evaporated milk canned
- 2 tablespoons flour all-purpose
- 1 pinch nutmeg to taste
- 0.3 cup parmesan cheese grated
- 1 pinch pepper red to taste

- 15 servings salt and pepper to taste
- 2 cups sharp cheddar cheese shredded yellow divided
- 1 cup cream sour
- 1 cup sweet potatoes and into mashed
- 0.5 cup water
- 0.5 cup cheddar cheese shredded white extra-sharp divided

Equipment

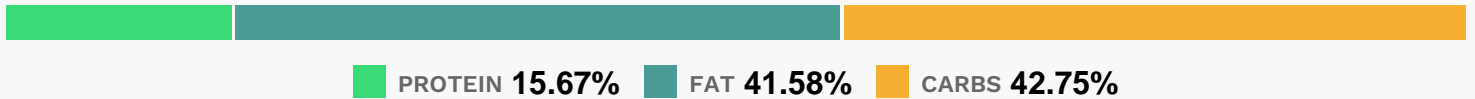
- bowl
- sauce pan
- oven
- whisk
- pot
- blender
- baking pan
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still very firm to the bite, about 5 minutes.
- Drain well in a colander set in the sink, and rinse with cold water until cold; set aside.
- Meanwhile, melt 2 tablespoons of butter in a large saucepan over medium-low heat.
- Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the evaporated milk and water into the flour mixture, and bring to a simmer over medium heat. Season to taste with red pepper flakes, nutmeg, salt, and pepper. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes.
- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

- Place the garbanzo beans into a blender. Cover, and puree until smooth. Scrape the puree into a small bowl and stir in the bread crumbs and Parmesan cheese; set aside.
- Once the sauce has thickened, whisk in the sweet potatoes and sour cream; return to a simmer.
- Whisk in half of the yellow and white Cheddar cheeses until melted. Stir in the macaroni until well coated with the sauce, then pour half into the prepared baking dish.
- Sprinkle the remaining Cheddar cheeses ovetop, then cover with the remaining macaroni. Smooth the top, then dot with the garbanzo bean mixture and the remaining 2 tablespoons of butter.
- Bake in the preheated oven until the sauce is bubbly, and the top is golden brown, 30 to 40 minutes. Allow the dish to rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.16, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:10.244782608696%

Nutrients (% of daily need)

Calories: 302.39kcal (15.12%), Fat: 13.94g (21.45%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 30.56g (11.11%), Sugar: 4.39g (4.87%), Cholesterol: 40.2mg (13.4%), Sodium: 436.73mg (18.99%), Protein: 11.82g (23.65%), Selenium: 27.57µg (39.38%), Vitamin A: 1662.62IU (33.25%), Calcium: 243.72mg (24.37%), Phosphorus: 229.82mg (22.98%), Manganese: 0.39mg (19.69%), Vitamin B2: 0.23mg (13.76%), Zinc: 1.55mg (10.34%), Magnesium: 34.62mg (8.65%), Copper: 0.14mg (6.77%), Fiber: 1.68g (6.72%), Vitamin B1: 0.1mg (6.6%), Potassium: 222.58mg (6.36%), Vitamin B6: 0.12mg (6.24%), Vitamin B5: 0.53mg (5.3%), Vitamin B12: 0.31µg (5.13%), Folate: 20.44µg (5.11%), Vitamin B3: 0.94mg (4.71%), Iron: 0.83mg (4.63%), Vitamin E: 0.35mg (2.34%), Vitamin K: 1.42µg (1.35%)