



## Gouda Macaroni with Golden Raisins and Pine Nuts

READY IN



20 min.

SERVINGS



4

CALORIES



1390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 tsp pepper black freshly ground
- 2 tbsp butter
- 10 ounces elbow macaroni
- 2 tbsp flour
- 1 cup golden raisins
- 8 ounces gouda cheese shredded
- 0.3 cup mascarpone cheese
- 1.5 cups milk

- 1 cup pinenuts divided toasted coarsely chopped
- 1 large pot roast cut
- 0.3 tsp sea salt

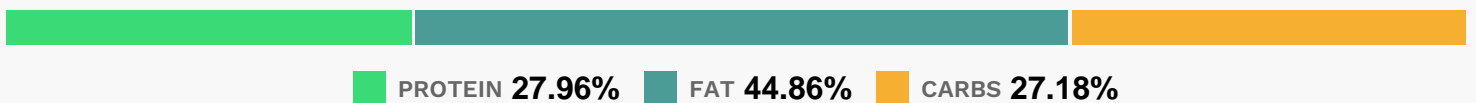
## Equipment

- pot
- colander

## Directions

- Save Recipe
- Print Recipe
- Gouda Macaroni with Golden Raisins and Pine Nuts
- Ingredients 10 ounces elbow macaroni 8 ounces gouda, rind removed, shredded 1/2 cups milk 1 cup golden raisins 1 cup coarsely chopped pine nuts, toasted lightly, divided 1/4 cup mascarpone 2 tbsp butter 2 tbsp flour 1/4 tsp sea salt 1/4 tsp freshly ground black pepper
- You will also need large pot, medium pot, colander
- Total Time: 20 Minutes
- Servings: 4 servings
- Kosher Key: Dairy

## Nutrition Facts



## Properties

Glycemic Index: 69.67, Glycemic Load: 19.56, Inflammation Score: -8, Nutrition Score: 52.516087221063%

## Flavonoids

Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 1389.64kcal (69.48%), Fat: 69.63g (107.13%), Saturated Fat: 26.65g (166.54%), Carbohydrates: 94.93g (31.64%), Net Carbohydrates: 89.83g (32.66%), Sugar: 30.24g (33.59%), Cholesterol: 294.42mg (98.14%), Sodium: 922.95mg (40.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.67g (195.34%), Manganese: 3.83mg (191.39%), Selenium: 128.01µg (182.87%), Zinc: 21.89mg (145.92%), Phosphorus: 1363.56mg (136.36%), Vitamin B12: 7.53µg (125.5%), Vitamin B3: 18.68mg (93.39%), Vitamin B6: 1.78mg (88.91%), Calcium: 615.26mg (61.53%), Vitamin B2: 1.01mg (59.7%), Magnesium: 230.62mg (57.65%), Copper: 1.08mg (53.78%), Iron: 9.65mg (53.61%), Potassium: 1811mg (51.74%), Vitamin B1: 0.51mg (34.14%), Vitamin E: 4.47mg (29.77%), Vitamin B5: 2.93mg (29.28%), Vitamin K: 25.32µg (24.11%), Folate: 82.22µg (20.55%), Fiber: 5.1g (20.4%), Vitamin A: 852.22IU (17.04%), Vitamin D: 1.58µg (10.54%), Vitamin C: 1.43mg (1.73%)