



Grownup Dairy-Free Mac and Cheese



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 cup dairy-free cheddar cheese alternative white
- ☐ 2 cups so delicious dairy free original coconut milk beverage unsweetened
- ☐ 2 tablespoons flour
- ☐ 2 garlic cloves pressed
- ☐ 2 teaspoons hot sauce
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings parsley for decoration

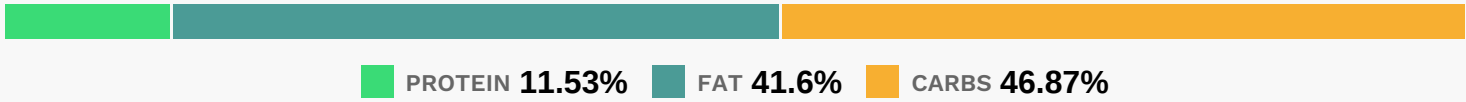
- ☐ 4 cups penne pasta gluten-free or any type of pasta (wheat-based or) cooked
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon grain mustard whole

Equipment

Directions

- ☐ Sauté garlic in oil on medium–high until golden. This will take only seconds.
- ☐ Add flour and stir to thicken into a paste.
- ☐ Add milk beverage slowly, stirring constantly, this will thicken the mixture faster and prevent lumps.
- ☐ Add mustard, hot sauce and seasonings. Taste and adjust if needed.Cook for 10 minutes on medium low heat to thicken. Stir every few minutes so as not to burn the sauce.
- ☐ Add cheese and stir to incorporate to a thick sauce.
- ☐ Pour over cooked pasta, stir to mix. Dress with large parsley leaves.

Nutrition Facts



Properties

Glycemic Index:70.73, Glycemic Load:15.51, Inflammation Score:-7, Nutrition Score:16.920869511107%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 360.25kcal (18.01%), Fat: 16.36g (25.16%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 37.93g (13.79%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 1018.14mg (44.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.4%), Vitamin K: 70.77µg (67.4%), Selenium: 27.94µg (39.92%), Vitamin E: 4.09mg (27.25%), Vitamin B3: 4.54mg (22.7%), Vitamin B12: 1.27µg (21.24%), Manganese: 0.41mg (20.63%), Calcium: 205.11mg (20.51%), Vitamin C: 15.8mg (19.15%), Vitamin B6: 0.35mg (17.38%), Vitamin B2:

0.28mg (16.53%), Vitamin A: 809.47IU (16.19%), Iron: 2.64mg (14.66%), Folate: 57.17µg (14.29%), Fiber: 3.54g (14.16%), Copper: 0.26mg (12.82%), Vitamin D: 1.42µg (9.44%), Vitamin B1: 0.13mg (8.96%), Potassium: 251.31mg (7.18%), Phosphorus: 63.03mg (6.3%), Zinc: 0.84mg (5.58%), Magnesium: 21.27mg (5.32%), Vitamin B5: 0.16mg (1.57%)