



Guiltless Cheesy Mac

READY IN



50 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cauliflower finely chopped
- 1 tablespoon dijon mustard
- 2 egg whites
- 4 cups multigrain elbow macaroni cooked
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 3 ounces parmesan shredded
- 16 ounce peas frozen
- 0.3 teaspoon salt

- 3 ounces cheddar shredded
- 0.5 cup skim milk
- 0.3 cup breadcrumbs whole-wheat

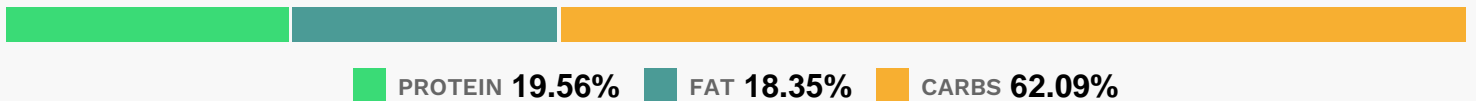
Equipment

- bowl
- oven
- pot
- casserole dish

Directions

- Preheat the oven to 350 degrees F. Spray a casserole dish with nonstick spray.
- Drain the macaroni, and then return it to the pot and keep warm.
- Combine the cauliflower, milk, cheeses, sour cream, mustard, salt, pepper, egg whites and peas in a large bowl and mix well. Stir the mixture into the warm macaroni, letting the residual heat combine the pasta and sauce.
- Pour into the casserole dish and evenly sprinkle the breadcrumbs on top.
- Bake until the filling is hot and the top is golden, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:37.93, Glycemic Load:3.64, Inflammation Score:-8, Nutrition Score:25.15999987851%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 565.7kcal (28.29%), Fat: 11.53g (17.73%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 87.75g (29.25%),
Net Carbohydrates: 79.54g (28.92%), Sugar: 8.57g (9.52%), Cholesterol: 27.78mg (9.26%), Sodium: 515.5mg
(22.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.65g (55.3%), Selenium: 71.21µg (101.73%),
Manganese: 1.22mg (60.95%), Vitamin C: 39.27mg (47.6%), Phosphorus: 461.65mg (46.17%), Calcium: 353.38mg
(35.34%), Fiber: 8.21g (32.83%), Magnesium: 92.83mg (23.21%), Zinc: 3.37mg (22.46%), Vitamin B1: 0.32mg (21.57%),
Copper: 0.43mg (21.29%), Vitamin K: 22.23µg (21.17%), Vitamin B2: 0.36mg (21.14%), Folate: 81.46µg (20.36%),
Vitamin A: 906.38IU (18.13%), Vitamin B3: 3.35mg (16.77%), Vitamin B6: 0.33mg (16.49%), Iron: 2.91mg (16.18%),
Potassium: 541.97mg (15.48%), Vitamin B5: 0.82mg (8.15%), Vitamin B12: 0.49µg (8.13%), Vitamin D: 0.4µg (2.66%),
Vitamin E: 0.39mg (2.6%)