



Healthy "Italian Mac and Cheese" with Carrot Puree

 Gluten Free

READY IN



35 min.

SERVINGS



7

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup asiago cheese diced
- ☐ 1 cup carrots raw diced for carrot puree*
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 cup fontina diced
- ☐ 1 clove garlic chopped
- ☐ 1 box barilla grain elbows whole
- ☐ 2 cups heavy cream

- ☐ 0.5 cup parmigiano reggiano cheese shredded
- ☐ 7 servings salt and pepper black to taste

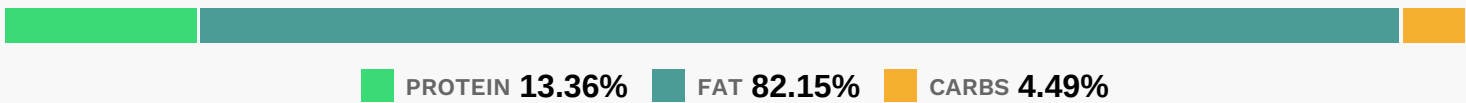
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Bring a large pot and a small pot of water to a boil.
- ☐ Cook pasta 1 minute less than package directions.
- ☐ Pre-heat Oven to 400 degrees F.
- ☐ Meanwhile in a large skillet saute garlic in olive oil until slightly yellow in color.
- ☐ Add cream to skillet; slowly bring to a simmer and add carrot puree and pasta.
- ☐ Whisk in Asiago and fontina cheeses, simmer.
- ☐ Pour mix into a 2-quart casserole dish, top with Parmigiano Reggiano cheese and bake 10 minutes in the oven.

Nutrition Facts



Properties

Glycemic Index:30.55, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:11.496086872142%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 432.56kcal (21.63%), Fat: 40g (61.53%), Saturated Fat: 23.34g (145.85%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.32g (3.69%), Cholesterol: 113.29mg (37.76%), Sodium: 719.07mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.28%), Vitamin A: 4394IU (87.88%), Calcium: 409.31mg (40.93%), Phosphorus: 261.07mg (26.11%), Vitamin B2: 0.25mg (14.64%), Selenium: 9.68µg (13.83%), Vitamin B12: 0.68µg (11.38%), Zinc: 1.47mg (9.8%), Vitamin E: 1.42mg (9.48%), Vitamin D: 1.31µg (8.72%), Vitamin K: 7.86µg (7.49%), Magnesium: 19.39mg (4.85%), Vitamin B6: 0.09mg (4.5%), Potassium: 157.31mg (4.49%), Vitamin B5: 0.41mg (4.05%), Vitamin B1: 0.04mg (2.6%), Folate: 8.97µg (2.24%), Manganese: 0.04mg (2.17%), Fiber: 0.53g (2.12%), Iron: 0.38mg (2.09%), Vitamin C: 1.62mg (1.96%), Vitamin B3: 0.32mg (1.61%), Copper: 0.03mg (1.47%)