



Light Macaroni Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 0.3 cup celery chopped
- ☐ 1 cup elbow macaroni uncooked
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup no-salt-added chicken broth undiluted canned
- ☐ 1 cup nonfat mayonnaise

- ☐ 8 ounce carton nonfat cream alternative sour
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 2 ounces nonfat process cheese spread loaf cubed
- ☐ 4 ounce pimientos diced drained
- ☐ 0.3 cup breadcrumbs whole wheat soft

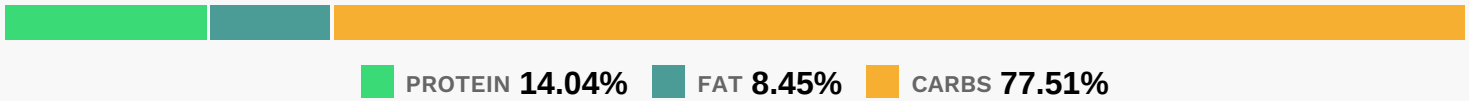
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook macaroni according to package directions, omitting salt and fat.
- ☐ Drain and set aside.
- ☐ Coat a medium nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add green pepper, celery, onion, and chicken broth; saute over medium-high heat 3 minutes or until vegetables are tender and liquid evaporates.
- ☐ Combine vegetables, macaroni, cheese cubes, and next 6 ingredients in a large bowl, stirring well.
- ☐ Transfer to a 1 1/2-quart baking dish coated with cooking spray.
- ☐ Bake, uncovered, at 325 for 20 minutes.
- ☐ Sprinkle with breadcrumbs and paprika; bake an additional 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:5.4047825504904%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 111.34kcal (5.57%), Fat: 1.08g (1.67%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 20.41g (7.42%), Sugar: 4.08g (4.54%), Cholesterol: 4.52mg (1.51%), Sodium: 305.34mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin C: 16.85mg (20.42%), Selenium: 11.19µg (15.98%), Manganese: 0.18mg (8.95%), Vitamin A: 428.26IU (8.57%), Vitamin K: 8.39µg (7.99%), Fiber: 1.96g (7.82%), Phosphorus: 75.23mg (7.52%), Copper: 0.09mg (4.73%), Vitamin B2: 0.08mg (4.5%), Iron: 0.8mg (4.42%), Calcium: 43.27mg (4.33%), Potassium: 148.69mg (4.25%), Vitamin B6: 0.08mg (4.22%), Magnesium: 14.94mg (3.74%), Vitamin B3: 0.66mg (3.29%), Zinc: 0.49mg (3.24%), Vitamin B1: 0.04mg (2.75%), Folate: 10.46µg (2.62%), Vitamin B5: 0.2mg (2%), Vitamin B12: 0.1µg (1.67%), Vitamin E: 0.17mg (1.15%)