



WHATSheATE



Lightened-Up Mac and Cheese

READY IN



35 min.

SERVINGS



4

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 12 ounces fusilli
- ☐ 4 servings kosher salt
- ☐ 0.3 cup heavy whipping cream sour low-fat
- ☐ 1 teaspoon ground mustard
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.7 cup part-skim mozzarella cheese shredded
- ☐ 4 servings pepper freshly ground

- ☐ 1 medium shallots finely chopped
- ☐ 0.5 cup skim milk
- ☐ 0.7 cup swiss cheese shredded low-fat
- ☐ 1 tablespoon butter unsalted

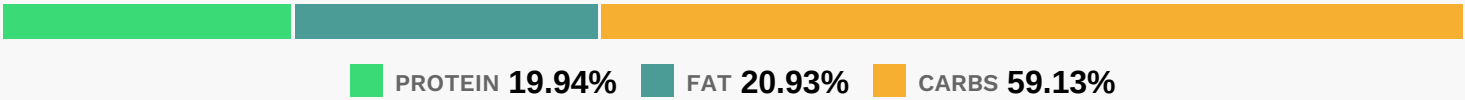
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Bring a pot of salted water to a boil.
- ☐ Add the pasta and cook as the label directs. Reserve 3/4 cup of the cooking water, then drain the pasta.
- ☐ Add the butter to the empty pot and melt over medium-high heat.
- ☐ Add the shallot and cook, stirring, until slightly softened, about 2 minutes.
- ☐ Add the flour and mustard powder and cook, stirring, until the flour begins to toast, about 1 minute.
- ☐ Whisk in the milk and the reserved cooking water; cook, whisking, until thick, about 2 minutes. Reduce the heat to medium.
- ☐ Whisk in the sour cream, mozzarella, Swiss cheese and 1 tablespoon parmesan; continue whisking until melted, about 1 minute. Stir in the pasta, 1/2 teaspoon salt and 1/4 teaspoon pepper; transfer to a 2-quart baking dish. Preheat the broiler.
- ☐ Combine the remaining 2 tablespoons parmesan, the herbs, and salt and pepper to taste in a small bowl.
- ☐ Sprinkle over the pasta. Broil until golden and bubbly, about 2 minutes.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:61.06, Glycemic Load:28.4, Inflammation Score:-7, Nutrition Score:20.273043477017%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 494.82kcal (24.74%), Fat: 11.38g (17.5%), Saturated Fat: 6.4g (40%), Carbohydrates: 72.31g (24.1%), Net Carbohydrates: 69.08g (25.12%), Sugar: 4.88g (5.43%), Cholesterol: 36.66mg (12.22%), Sodium: 447.74mg (19.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.39g (48.78%), Selenium: 63.67µg (90.96%), Vitamin K: 62.63µg (59.65%), Calcium: 448.2mg (44.82%), Phosphorus: 441.33mg (44.13%), Manganese: 0.86mg (43.07%), Zinc: 2.94mg (19.59%), Magnesium: 68.86mg (17.22%), Vitamin B2: 0.27mg (16.15%), Copper: 0.28mg (14.11%), Vitamin A: 679.24IU (13.58%), Fiber: 3.23g (12.93%), Vitamin B12: 0.77µg (12.84%), Potassium: 375.56mg (10.73%), Vitamin B6: 0.2mg (10.09%), Vitamin B1: 0.15mg (10%), Iron: 1.75mg (9.71%), Vitamin B3: 1.84mg (9.22%), Folate: 36.63µg (9.16%), Vitamin C: 5.7mg (6.9%), Vitamin B5: 0.56mg (5.62%), Vitamin D: 0.52µg (3.47%), Vitamin E: 0.35mg (2.33%)