



## Low-Fat Mac and Cheese with Peas

READY IN



20 min.

SERVINGS



4

CALORIES



1002 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 oz peas frozen thawed
- 4 servings pepper black to taste
- 8 oz cheddar cheese low-fat
- 2 tablespoons cornstarch
- 1 teaspoon kosher salt
- 2.8 cups milk 2% low-fat ( )
- 3 cups .5 oz. macaroni uncooked
- 3 cups .5 oz. macaroni uncooked
- 1 small onion finely chopped

- 0.3 cup parmesan finely grated
- 0.5 tablespoon butter unsalted

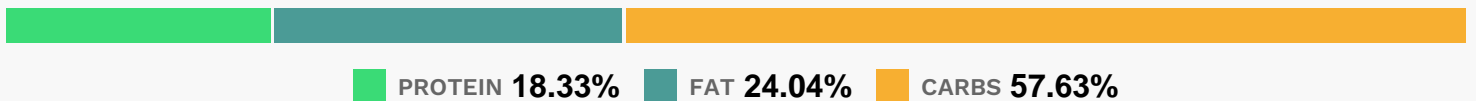
## Equipment

- sauce pan
- whisk
- pot
- colander

## Directions

- Bring a large pot of salted water to a boil and stir in macaroni. Cook, stirring occasionally, until pasta is al dente.
- Drain in a colander and shake well.
- While pasta is cooking, melt butter in a large saucepan over medium heat, add onion and cook, stirring, until softened, about 6 minutes. Stir together milk and cornstarch in a large cup; whisk into pot with onion and cook, whisking, until boiling. Continue to cook, whisking, until thickened, about 2 minutes. Stir in peas and salt.
- Add cooked pasta to sauce and stir well.
- Sprinkle Cheddar and Parmesan on top and toss well. Season with pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:39.33, Glycemic Load:3.53, Inflammation Score:-9, Nutrition Score:35.946956521739%

## 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 Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 1002.37kcal (50.12%), Fat: 26.54g (40.83%), Saturated Fat: 14.23g (88.93%), Carbohydrates: 143.17g (47.72%), Net Carbohydrates: 133.73g (48.63%), Sugar: 17.25g (19.17%), Cholesterol: 72.82mg (24.27%), Sodium: 1129.85mg (49.12%), Protein: 45.54g (91.07%), Selenium: 121.9µg (174.14%), Manganese: 1.79mg (89.28%), Phosphorus: 850.57mg (85.06%), Calcium: 735.42mg (73.54%), Vitamin B2: 0.69mg (40.68%), Zinc: 6.09mg (40.58%), Fiber: 9.44g (37.75%), Magnesium: 146.48mg (36.62%), Vitamin C: 29.64mg (35.93%), Copper: 0.61mg (30.66%), Vitamin A: 1521.76IU (30.44%), Vitamin B1: 0.45mg (29.99%), Vitamin B12: 1.67µg (27.81%), Vitamin B6: 0.51mg (25.35%), Potassium: 859.08mg (24.55%), Folate: 93.4µg (23.35%), Vitamin B3: 4.41mg (22.05%), Vitamin K: 19.72µg (18.78%), Iron: 3.3mg (18.34%), Vitamin B5: 1.63mg (16.26%), Vitamin D: 2.18µg (14.55%), Vitamin E: 0.78mg (5.21%)