



Low-Fat Macaroni and Cheese

 Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 cups elbow macaroni cooked
- 0.7 cup nonfat cottage cheese fat-free
- 1 cup skim milk fat-free
- 3 tablespoons flour all-purpose
- 1.3 cups cheddar cheese shredded reduced-fat
- 1 tablespoon onion grated
- 4 servings paprika
- 4 servings bell pepper to taste

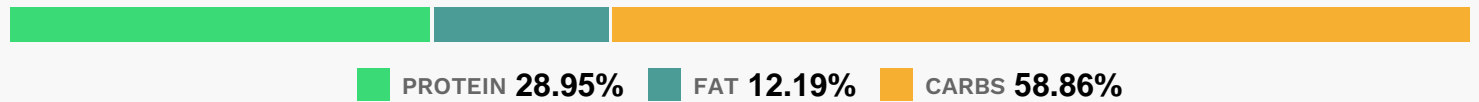
Equipment

- food processor
- bowl
- oven
- blender
- baking pan

Directions

- In a blender or food processor, combine the milk, cheeses, flour and pepper. Cover and process until creamy.
- Pour into a bowl; stir in macaroni and onion.
- Transfer to a 1-1/2-qt. baking dish coated with cooking spray.
- Sprinkle with paprika.
- Bake, uncovered, at 350° for 1 hour or until heated through.

Nutrition Facts



Properties

Glycemic Index:57.98, Glycemic Load:17.78, Inflammation Score:-10, Nutrition Score:21.571739072385%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 293.77kcal (14.69%), Fat: 3.98g (6.13%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 39.25g (14.27%), Sugar: 7.92g (8.8%), Cholesterol: 11.89mg (3.96%), Sodium: 386.77mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.57%), Vitamin C: 95.56mg (115.83%), Vitamin A: 3518.79IU (70.38%), Selenium: 35.11µg (50.15%), Phosphorus: 391.22mg (39.12%), Calcium: 277.13mg (27.71%), Manganese: 0.45mg (22.54%), Vitamin B2: 0.38mg (22.19%), Vitamin B6: 0.37mg (18.27%), Fiber: 4.03g (16.13%),

Folate: 60.64µg (15.16%), Zinc: 1.86mg (12.39%), Vitamin E: 1.84mg (12.27%), Potassium: 428.16mg (12.23%), Magnesium: 46.88mg (11.72%), Vitamin B12: 0.7µg (11.69%), Vitamin B1: 0.16mg (10.46%), Iron: 1.65mg (9.18%), Vitamin B3: 1.76mg (8.8%), Vitamin B5: 0.86mg (8.63%), Copper: 0.14mg (7.17%), Vitamin K: 5.5µg (5.23%), Vitamin D: 0.71µg (4.73%)