



Mac and Cheese Soup

READY IN



35 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 inch thick baguette
- 1 carrots cut into 1-inch pieces
- 1 stalk celery cut into 1-inch pieces
- 1 cup elbow macaroni
- 3.8 cups chicken broth fat-free low-sodium
- 0.3 cup flour all-purpose
- 4 servings kosher salt
- 1.3 cups milk 2%
- 0.3 cup parmesan cheese grated

- 4 servings pepper freshly ground
- 2 plum tomatoes sliced
- 3 shallots
- 1.5 cups cheddar cheese shredded

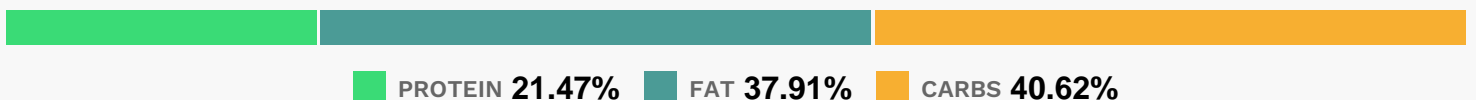
Equipment

- food processor
- baking sheet
- sauce pan
- oven

Directions

- Position a rack in the upper third of the oven and preheat to 450 degrees F. Bring a medium saucepan of salted water to a boil.
- Add the macaroni and cook as the label directs; drain.
- Mist a baking sheet with cooking spray and arrange the tomato and baguette slices on it in a single layer; season with salt and pepper.
- Bake until the bread is golden brown, about 7 minutes.
- Mince the shallots, carrot and celery in a food processor. Mist a saucepan with cooking spray.
- Add the vegetables and cook over medium-high heat until softened, 4 to 5 minutes.
- Add the flour and cook, stirring, 2 minutes. Gradually stir in the broth and bring to a boil; cook, stirring, until thickened, 6 to 7 minutes.
- Remove from the heat.
- Add the milk, cheeses and macaroni and stir until the cheeses melt. Season with pepper. Top the toasts with tomatoes; serve on the soup.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:88.15, Glycemic Load:7.16, Inflammation Score:-9, Nutrition Score:21.035217611686%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 464.15kcal (23.21%), Fat: 19.77g (30.41%), Saturated Fat: 10.57g (66.09%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 44.68g (16.25%), Sugar: 8.4g (9.34%), Cholesterol: 53.71mg (17.9%), Sodium: 723.59mg (31.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.37%), Vitamin A: 3405.98IU (68.12%), Selenium: 41.57µg (59.38%), Calcium: 483.35mg (48.33%), Phosphorus: 471.82mg (47.18%), Vitamin B2: 0.5mg (29.67%), Manganese: 0.54mg (27.14%), Vitamin B3: 4.72mg (23.58%), Zinc: 3.15mg (21.01%), Vitamin B12: 1.15µg (19.09%), Potassium: 639.87mg (18.28%), Copper: 0.3mg (14.81%), Magnesium: 55.42mg (13.85%), Folate: 54.16µg (13.54%), Vitamin B6: 0.26mg (12.94%), Vitamin B1: 0.19mg (12.48%), Fiber: 2.98g (11.9%), Iron: 1.88mg (10.43%), Vitamin K: 9.12µg (8.69%), Vitamin C: 7.1mg (8.61%), Vitamin B5: 0.8mg (8.03%), Vitamin E: 0.73mg (4.85%), Vitamin D: 0.29µg (1.9%)