



Mac and Cheese with Roasted Tomatoes

READY IN



45 min.

SERVINGS



10

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 6 ounces cheddar cheese shredded white
- 0.3 cup breadcrumbs dry
- 1 pound multigrain elbow macaroni whole-wheat uncooked
- 0.5 cup flour all-purpose
- 4 ounces fontina shredded
- 1 tablespoon thyme sprigs fresh minced
- 4 garlic clove thinly sliced
- 5 cups milk 1% low-fat

- 1 tablespoon olive oil
- 2 ounces parmesan fresh grated
- 2 pounds plum tomatoes cut into 1/4-inch-thick slices
- 0.8 teaspoon salt divided

Equipment

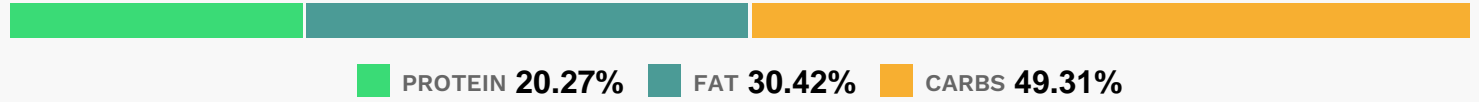
- bowl
- baking sheet
- oven
- whisk
- baking pan
- aluminum foil
- dutch oven

Directions

- Preheat oven to 400.
- Cover a baking sheet with aluminum foil, and coat foil with cooking spray. Arrange tomato slices in a single layer on baking sheet.
- Drizzle oil over tomatoes.
- Sprinkle with thyme, 1/4 teaspoon salt, and garlic.
- Bake at 400 for 35 minutes or until tomatoes start to dry out.
- Cook pasta according to package directions, omitting salt and fat.
- Drain well.
- Place flour in a large Dutch oven; gradually add milk, stirring with a whisk until blended. Cook over medium heat 8 minutes or until thick and bubbly, stirring constantly with a whisk.
- Add cheddar, fontina, remaining 1/2 teaspoon salt, and pepper, stirring until cheese melts.
- Remove from heat. Stir in tomatoes and pasta. Spoon into a 13 x 9 inch baking dish coated with cooking spray.
- Combine grated Parmesan cheese and breadcrumbs; sprinkle over pasta mixture.

- Bake at 400 for 25 minutes or until bubbly.
- For baby: Omit black pepper.
- Serve spoonfuls in a small bowl.
- Cut the tomatoes and macaroni, if needed, into bite-sized pieces.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:4.74, Inflammation Score:-9, Nutrition Score:23.14086970039%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 412.75kcal (20.64%), Fat: 14.39g (22.13%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 52.45g (17.48%), Net Carbohydrates: 50.88g (18.5%), Sugar: 8.77g (9.74%), Cholesterol: 39.92mg (13.31%), Sodium: 548.18mg (23.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.14%), Manganese: 1.62mg (80.91%), Selenium: 46.53µg (66.47%), Calcium: 438.75mg (43.88%), Phosphorus: 432.25mg (43.23%), Vitamin B1: 0.42mg (27.89%), Vitamin A: 1339.13IU (26.78%), Magnesium: 102.2mg (25.55%), Vitamin B2: 0.41mg (24.38%), Zinc: 3.04mg (20.25%), Vitamin B12: 1.17µg (19.52%), Vitamin B3: 3.67mg (18.35%), Vitamin C: 13.92mg (16.88%), Potassium: 549.91mg (15.71%), Folate: 62.13µg (15.53%), Copper: 0.3mg (14.9%), Vitamin B6: 0.3mg (14.78%), Iron: 2.62mg (14.54%), Vitamin B5: 1.16mg (11.56%), Vitamin D: 1.5µg (9.98%), Vitamin K: 9.37µg (8.92%), Fiber: 1.57g (6.27%), Vitamin E: 0.89mg (5.96%)