



Mac and Cheese with Roasted Tomatoes

READY IN



45 min.

SERVINGS



10

CALORIES



406 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 (such as Barilla Plus)
- 2.3 ounces 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
- 0.5 teaspoon paprika
- 2 ounces parmesan fresh grated
- 8 plum tomatoes cut into 1/4-inch-thick slices (2 pounds)
- 0.8 teaspoon salt divided

Equipment

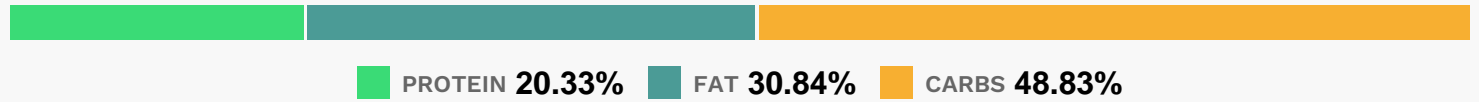
- baking sheet
- oven
- whisk
- baking pan
- aluminum foil
- dutch oven

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, breadcrumbs, and paprika; sprinkle over pasta mixture.

Bake at 400 for 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:4.4, Inflammation Score:-9, Nutrition Score:21.666956569837%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 406.1kcal (20.3%), Fat: 14.32g (22.03%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 49.89g (18.14%), Sugar: 7.7g (8.55%), Cholesterol: 39.92mg (13.31%), Sodium: 546.2mg (23.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.47%), Manganese: 1.57mg (78.69%), Selenium: 46.58µg (66.54%), Calcium: 434.89mg (43.49%), Phosphorus: 422.84mg (42.28%), Vitamin B1: 0.4mg (26.97%), Magnesium: 97.88mg (24.47%), Vitamin B2: 0.41mg (24.03%), Vitamin A: 1045.87IU (20.92%), Zinc: 2.97mg (19.82%), Vitamin B12: 1.17µg (19.52%), Vitamin B3: 3.44mg (17.22%), Iron: 2.53mg (14.07%), Folate: 56.25µg (14.06%), Copper: 0.27mg (13.73%), Vitamin B6: 0.26mg (13.24%), Potassium: 454.88mg (13%), Vitamin B5: 1.12mg (11.23%), Vitamin C: 8.29mg (10.05%), Vitamin D: 1.5µg (9.98%), Vitamin K: 6.2µg (5.9%), Vitamin E: 0.7mg (4.68%), Fiber: 1.11g (4.45%)