



Mac and Cheese with Squash

READY IN



45 min.

SERVINGS



15

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 teaspoons dijon mustard
- ☐ 12 ounces elbow macaroni
- ☐ 2.5 cups milk
- ☐ 3 tablespoons panko bread crumbs
- ☐ 2 tablespoons parmesan grated
- ☐ 15 servings salt
- ☐ 2 cups cheddar shredded
- ☐ 12 oz squash puree frozen thawed cooked

☐ 1 tablespoon butter unsalted melted

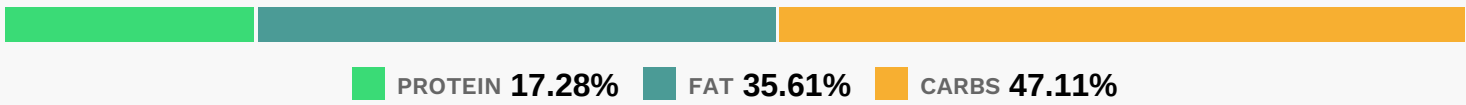
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Place a rack in the top third of the oven and preheat to 375F. Mist a 2-quart baking dish with cooking spray. Bring a large pot of salted water to a boil and cook pasta until al dente, about 7 minutes or as package label directs.
- ☐ Drain and place back in pot.
- ☐ In a pan over medium-high heat, bring milk and squash to a simmer, stirring occasionally, about 5 minutes.
- ☐ Remove from heat and add mustard, 1/2 tsp. salt, cayenne and Cheddar, stirring until cheese has melted. Stir sauce into pasta and toss until pasta is well-coated.
- ☐ Transfer mixture to baking dish.
- ☐ In a small bowl, mix butter, panko and Parmesan; sprinkle over macaroni.
- ☐ Bake until bubbling around edges and beginning to brown on top, about 20 minutes. Turn broiler to high and cook until top is golden and crispy, about 2 minutes, watching carefully to be sure it doesn't burn.
- ☐ Let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:9.5391304259715%

Nutrients (% of daily need)

Calories: 197.94kcal (9.9%), Fat: 7.85g (12.08%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 22.06g (8.02%), Sugar: 3.25g (3.61%), Cholesterol: 22.41mg (7.47%), Sodium: 342.81mg (14.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.15%), Vitamin A: 2670.57IU (53.41%), Selenium: 20.38µg (29.11%), Calcium: 184.56mg (18.46%), Phosphorus: 169.4mg (16.94%), Manganese: 0.28mg (13.97%), Vitamin B2: 0.15mg (8.94%), Magnesium: 30.23mg (7.56%), Zinc: 1.13mg (7.51%), Vitamin B12: 0.4µg (6.6%), Vitamin B1: 0.09mg (6.08%), Potassium: 209.48mg (5.99%), Vitamin C: 4.79mg (5.81%), Vitamin B6: 0.11mg (5.33%), Fiber: 1.31g (5.23%), Copper: 0.09mg (4.67%), Vitamin B3: 0.85mg (4.25%), Vitamin B5: 0.42mg (4.19%), Folate: 15.67µg (3.92%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.52mg (3.48%), Iron: 0.59mg (3.3%)