



Macaroni and 4 Cheeses

READY IN



43 min.

SERVINGS



8

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons unseasoned bread crumbs
- 0.1 teaspoon cayenne pepper
- 1.3 cups cheddar extra-sharp grated
- 1 pound elbow macaroni
- 0.7 cup monterrey jack cheese grated
- 2 cups percent lowfat milk
- 1 teaspoon powdered mustard
- 1 teaspoon olive oil
- 2 tablespoons parmesan grated

- 0.5 cup part-skim ricotta cheese
- 1 teaspoon salt
- 20 ounce winter squash pureed frozen

Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Coat a 9 by 13-inch baking pan with cooking spray.
- Bring a large pot of water to a boil.
- Add the macaroni and cook until tender but firm, about 5 to 8 minutes.
- Drain and transfer to a large bowl.
- Meanwhile, place the frozen squash and milk into a large saucepan and cook over a low heat, stirring occasionally and breaking up the squash with a spoon until it is defrosted. Turn the heat up to medium and cook until the mixture is almost simmering, stirring occasionally.
- Remove the pan from heat and stir in the Cheddar, jack cheese, ricotta cheese, salt, mustard and cayenne pepper.
- Pour cheese mixture over the macaroni and stir to combine.
- Transfer the macaroni and cheese to the baking dish.
- Combine bread crumbs, Parmesan cheese and oil in a small bowl.
- Sprinkle over the top of the macaroni and cheese.
- Bake for 20 minutes, then broil for 3 minutes so the top is crisp and nicely browned.

Nutrition Facts



■ PROTEIN 18.37% ■ FAT 27.65% ■ CARBS 53.98%

Properties

Glycemic Index:18.13, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:20.876521887987%

Nutrients (% of daily need)

Calories: 420.65kcal (21.03%), Fat: 12.95g (19.93%), Saturated Fat: 6.99g (43.7%), Carbohydrates: 56.9g (18.97%), Net Carbohydrates: 53.52g (19.46%), Sugar: 6.33g (7.04%), Cholesterol: 35.82mg (11.94%), Sodium: 564.2mg (24.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.74%), Vitamin A: 7993.38IU (159.87%), Selenium: 47.84µg (68.34%), Calcium: 385.83mg (38.58%), Phosphorus: 361.32mg (36.13%), Manganese: 0.7mg (34.83%), Magnesium: 73.16mg (18.29%), Vitamin C: 14.91mg (18.07%), Vitamin B2: 0.29mg (17.3%), Zinc: 2.42mg (16.11%), Potassium: 518.91mg (14.83%), Fiber: 3.38g (13.52%), Vitamin B1: 0.19mg (12.77%), Vitamin B6: 0.25mg (12.7%), Copper: 0.24mg (11.88%), Vitamin B12: 0.71µg (11.77%), Vitamin B3: 2.09mg (10.44%), Folate: 41.03µg (10.26%), Vitamin E: 1.36mg (9.06%), Vitamin B5: 0.9mg (8.97%), Iron: 1.55mg (8.6%), Vitamin D: 0.84µg (5.6%), Vitamin K: 2.21µg (2.11%)