



Macaroni-and-Cheese Florentine

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



263 kcal

Ingredients

- 0.3 cup flour all-purpose
- 10 oz pkt spinach frozen thawed drained
- 1 Dash ground pepper red
- 2 cups milk 2% reduced-fat
- 0.5 teaspoon pepper
- 0.3 teaspoon salt
- 16 oz blocks sharp cheddar cheese shredded 2% reduced-fat
- 1 oz grain breadcrumbs whole white soft
- 8 oz elbow macaroni whole wheat

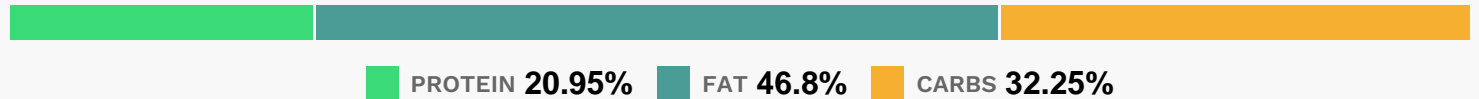
Equipment

- oven
- baking pan

Directions

- Prepare macaroni according to package directions, omitting salt and butter; drain well.
- Place milk and next 4 ingredients in a quart jar; cover tightly, and shake vigorously 1 minute. Stir together milk mixture, cheese, spinach, and macaroni.
- Pour macaroni mixture into a 13- x 9-inch baking dish coated with butter-flavored cooking spray.
- Sprinkle evenly with breadcrumbs; lightly coat breadcrumbs with cooking spray.
- Bake at 350 for 30 minutes or until golden brown.
- Note: For testing purposes, we used Barilla Plus pasta and Sara Lee Soft & Smooth Whole Grain White Bread.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:18.632174004679%

Nutrients (% of daily need)

Calories: 263.43kcal (13.17%), Fat: 14.14g (21.75%), Saturated Fat: 7.82g (48.85%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 20.91g (7.6%), Sugar: 2.36g (2.62%), Cholesterol: 40.95mg (13.65%), Sodium: 345.81mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.49%), Vitamin K: 89.02µg (84.78%), Vitamin A: 3193.01IU (63.86%), Selenium: 27.78µg (39.69%), Manganese: 0.78mg (39.08%), Calcium: 353.28mg (35.33%), Phosphorus: 272.61mg (27.26%), Vitamin B2: 0.33mg (19.56%), Magnesium: 60.01mg (15%), Folate: 59.72µg (14.93%), Zinc: 2.18mg (14.51%), Vitamin B1: 0.16mg (10.75%), Vitamin B12: 0.61µg (10.15%), Iron: 1.5mg (8.31%), Copper: 0.14mg (6.98%), Vitamin E: 0.99mg (6.57%), Vitamin B3: 1.3mg (6.5%), Vitamin B6: 0.13mg (6.27%), Potassium: 210.62mg (6.02%), Vitamin B5: 0.52mg (5.17%), Fiber: 1.01g (4.06%), Vitamin C: 1.86mg (2.25%), Vitamin D: 0.23µg (1.51%)