



## Macaroni And Cheese With Broccoli

 Vegetarian

READY IN



20 min.

SERVINGS



3

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups broccoli flowerets fresh
- 1 large eggs lightly beaten
- 4 ounces elbow macaroni uncooked (1 cup pasta)
- 0.3 cup milk fat-free
- 0.5 cup curd cottage cheese 1% low-fat
- 0.3 cup cup heavy whipping cream sour low-fat
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

4 ounces sharp cheddar cheese shredded reduced-fat finely

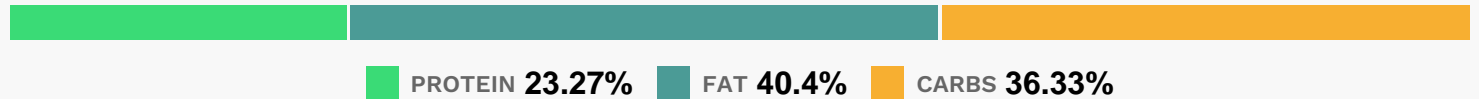
## Equipment

dutch oven

## Directions

- Cook macaroni in a Dutch oven according to package directions, omitting salt and fat.
- Add broccoli during last 2 minutes of cooking time; drain well.
- Add Cheddar cheese and remaining 6 ingredients to Dutch oven; stir in macaroni mixture. Cook over medium heat, stirring constantly, 6 minutes or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:41.42, Glycemic Load:1.36, Inflammation Score:-7, Nutrition Score:21.495652053667%

## Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 407.47kcal (20.37%), Fat: 18.34g (28.21%), Saturated Fat: 9.89g (61.83%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 34.33g (12.48%), Sugar: 4.31g (4.78%), Cholesterol: 110.86mg (36.95%), Sodium: 668.83mg (29.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.54%), Selenium: 45.77µg (65.38%), Vitamin C: 52.56mg (63.71%), Vitamin K: 61.27µg (58.36%), Phosphorus: 407.01mg (40.7%), Calcium: 398.9mg (39.89%), Vitamin B2: 0.45mg (26.71%), Manganese: 0.5mg (25.09%), Vitamin A: 976.07IU (19.52%), Zinc: 2.74mg (18.27%), Vitamin B12: 1.01µg (16.87%), Folate: 67.3µg (16.83%), Magnesium: 51.74mg (12.93%), Potassium: 444.71mg (12.71%), Vitamin B6: 0.25mg (12.69%), Fiber: 2.78g (11.11%), Vitamin B5: 1.07mg (10.67%), Copper: 0.18mg (8.99%), Vitamin B1: 0.12mg (8.2%), Iron: 1.36mg (7.56%), Vitamin E: 1.04mg (6.93%), Vitamin B3: 1.14mg (5.71%), Vitamin D: 0.84µg (5.57%)