



Macaroni And Cheese With Carrots And Roasted Pepper

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups carrots diced (4)
- ☐ 3 cups elbow macaroni hot cooked uncooked ()
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 cups milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.1 teaspoon pepper

- ☐ 0.5 cup roasted bell pepper diced red
- ☐ 0.3 teaspoon salt
- ☐ 5 ounces sharp cheddar cheese shredded reduced-fat

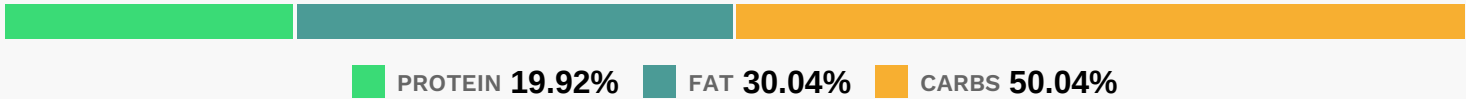
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Coat a large saucepan with cooking spray; place over medium heat until hot.
- ☐ Add carrot; saut 5 minutes.
- ☐ Place flour in a small bowl. Gradually add milk, stirring well with a whisk; add to carrot. Cook over medium heat 8 minutes, stirring constantly. Reduce heat to low.
- ☐ Add Cheddar cheese and next 4 ingredients; stir until cheese melts.
- ☐ Add macaroni and red bell pepper; stir well.
- ☐ Spoon mixture into a 2-quart baking dish coated with cooking spray; sprinkle with breadcrumbs.
- ☐ Bake at 375 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:90.19, Glycemic Load:21.52, Inflammation Score:-10, Nutrition Score:22.150869597559%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 432.12kcal (21.61%), Fat: 14.39g (22.14%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 53.94g (17.98%), Net Carbohydrates: 49.62g (18.04%), Sugar: 10.39g (11.55%), Cholesterol: 40.81mg (13.6%), Sodium: 801.67mg (34.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.95%), Vitamin A: 11407.75IU (228.15%), Selenium: 43.85µg (62.65%), Calcium: 490.88mg (49.09%), Phosphorus: 412.95mg (41.29%), Manganese: 0.56mg (28.16%), Vitamin B2: 0.43mg (25.55%), Vitamin B12: 1.14µg (19%), Zinc: 2.77mg (18.45%), Fiber: 4.33g (17.3%), Vitamin B1: 0.24mg (16.16%), Potassium: 529.03mg (15.12%), Magnesium: 57.83mg (14.46%), Vitamin C: 11.92mg (14.44%), Vitamin B6: 0.28mg (13.94%), Folate: 46.52µg (11.63%), Vitamin D: 1.57µg (10.48%), Vitamin B3: 1.99mg (9.93%), Copper: 0.2mg (9.78%), Vitamin B5: 0.95mg (9.49%), Vitamin K: 9.9µg (9.43%), Iron: 1.44mg (8.02%), Vitamin E: 0.76mg (5.1%)