



Macaroni and Cheese with Chickpeas and Spinach

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



1102 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces processed cheese food grated
- ☐ 15 ounce garbanzo beans drained and rinsed canned
- ☐ 8 ounces cheddar cheese grated
- ☐ 2 teaspoons cornstarch
- ☐ 2 eggs
- ☐ 1 pound elbow macaroni dry
- ☐ 12 ounce evaporated milk canned

- ☐ 1 teaspoon garlic minced
- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons cooking oil
- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 4 ounces pkt spinach roughly chopped
- ☐ 3 tablespoons butter unsalted

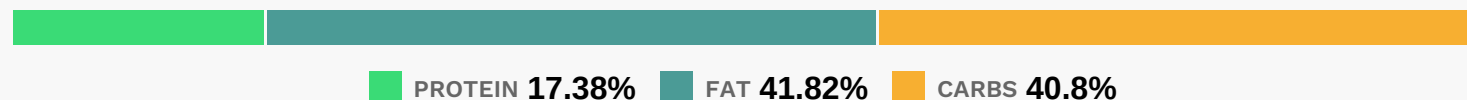
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat oil in a large saucepan over medium-high heat until shimmering.
- ☐ Add spinach and cook, stirring until wilted, about 30 seconds.
- ☐ Add garlic and cook, stirring, until fragrant, about 1 minute longer. Season to taste with salt and pepper.
- ☐ Transfer to a bowl and set aside. Fill pot with salted water and bring to a boil.
- ☐ Combine cornstarch, evaporated milk, and eggs in a small bowl and whisk until homogenous. Set aside.
- ☐ Cook pasta in boiling water according to package directions.
- ☐ Drain, reserving 1 cup pasta cooking water. Return to stock pot and add cooking water, butter, evaporated milk mixture, both cheeses, spinach, and chickpeas. Cook over low heat, stirring constantly, until cheese is melted and pasta is creamy and smooth.
- ☐ Transfer to a serving bowl, top with smoked paprika, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:4.77, Inflammation Score:-10, Nutrition Score:44.098260962445%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 1102.41kcal (55.12%), Fat: 51.26g (78.87%), Saturated Fat: 26.7g (166.85%), Carbohydrates: 112.54g (37.51%), Net Carbohydrates: 103.47g (37.63%), Sugar: 12.64g (14.04%), Cholesterol: 214.13mg (71.38%), Sodium: 1292.23mg (56.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.93g (95.86%), Selenium: 104.82µg (149.74%), Vitamin K: 142.25µg (135.48%), Manganese: 2.22mg (111.13%), Calcium: 1025.41mg (102.54%), Phosphorus: 975.61mg (97.56%), Vitamin A: 4218.52IU (84.37%), Vitamin B2: 0.83mg (48.88%), Vitamin B6: 0.87mg (43.44%), Zinc: 6.24mg (41.59%), Magnesium: 157.98mg (39.49%), Fiber: 9.07g (36.27%), Folate: 133.78µg (33.45%), Copper: 0.6mg (29.8%), Potassium: 945.88mg (27.03%), Iron: 4.45mg (24.71%), Vitamin B12: 1.38µg (22.93%), Vitamin B5: 2.08mg (20.77%), Vitamin E: 2.39mg (15.92%), Vitamin B1: 0.23mg (15.37%), Vitamin B3: 2.54mg (12.7%), Vitamin C: 9.92mg (12.03%), Vitamin D: 1.19µg (7.95%)