



Macaroni Mousse

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 teaspoons parsley flakes dried
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 8 ounce macaroni uncooked
- ☐ 1.5 cups milk
- ☐ 1 small onion finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 ounce pimientos diced drained
- ☐ 0.5 teaspoon salt

- ☐ 6 ounces sharp cheddar cheese shredded
- ☐ 4 slices bread white

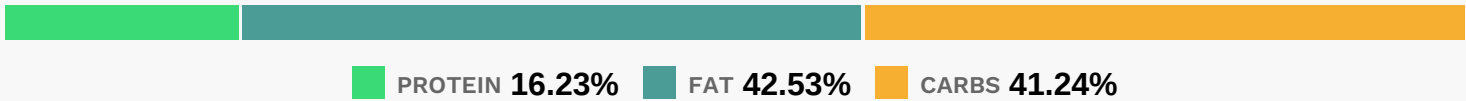
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook macaroni according to package directions; drain.
- ☐ Place cooked macaroni in a lightly greased 2-quart baking dish.
- ☐ Combine onion and next 9 ingredients; stir in almonds, if desired.
- ☐ Cook milk in a small saucepan over low heat just until heated; stir into onion mixture (bread should dissolve).
- ☐ Pour over macaroni.
- ☐ Bake casserole at 350 for 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:42.3, Glycemic Load:7.54, Inflammation Score:-7, Nutrition Score:14.284782689551%

Flavonoids

Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 407.99kcal (20.4%), Fat: 19.24g (29.61%), Saturated Fat: 8.26g (51.64%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 39.89g (14.51%), Sugar: 5.84g (6.49%), Cholesterol: 66.67mg (22.22%), Sodium: 564.32mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.04%), Selenium: 39.58µg (56.55%),

Calcium: 329.86mg (32.99%), Phosphorus: 306.1mg (30.61%), Manganese: 0.49mg (24.74%), Vitamin B2: 0.32mg (19.08%), Vitamin A: 942.14IU (18.84%), Vitamin C: 13.24mg (16.05%), Zinc: 2.13mg (14.18%), Vitamin B12: 0.71µg (11.85%), Vitamin B1: 0.17mg (11.61%), Magnesium: 43.14mg (10.78%), Folate: 38.51µg (9.63%), Vitamin B6: 0.19mg (9.35%), Fiber: 2.09g (8.37%), Iron: 1.49mg (8.27%), Vitamin B3: 1.63mg (8.13%), Copper: 0.16mg (7.98%), Potassium: 274.3mg (7.84%), Vitamin B5: 0.75mg (7.5%), Vitamin D: 1.01µg (6.72%), Vitamin E: 0.72mg (4.82%), Vitamin K: 2.79µg (2.66%)